COVID-19

Wellbeing: Reviewing Building Blocks and Target Setting



Review

- Think about how well you feel you are doing in each area of wellbeing and scale each building block between 1 and 10.
- Then write down specifically what you are doing in each area of wellbeing already.
 - Also thinking about how you feel when you are engaged in that activity.
- After scaling and recording activities/actions for each area, review any blocks that you are finding more challenging to top up.
- Choose one block that you would like to focus on and create a goal that you can trial over the next week or so.

Set a Goal/Challenge

• eg "I will do one random act of kindness every day for someone in the house/in the neighbourhood".

Plan

- Make a plan of each step that will be required to complete this.
- *Include predicting any likely obstacles and identifying possible solutions.*
- Think about who (family, friend, peer) and what (resources) could support meeting the goal.

Do It

- Carry out your plan with any support that you identified.
- Maybe set up a check-in midway through the week to see how it's going and if anything in the plan needs tweaked.

Review

- Go back to your original goal and review each step of the plan.
- Were you successful in achieving your goal? Which parts worked? Which bits need to be changed? Be kind to yourself - if you have not achieved your goal that just means the goal or the plan needs changed.

- What number would you give that block now?
- Do you want to continue with this goal for another week until fully confident in it having been achieved or set another goal?
 - If staying with the same goal, does the plan need modified? If so, do this.
- If setting another goal do you want to choose one for the same block (to build up their score here more) or one from another block?
 - Go back to the beginning of the process and repeat the stages.
 - Keep reviewing weekly as scores may go up or down depending on what else is happening in your life. The aim is to have high scores across all areas of wellbeing. However, this does not mean they all have to be a 10.

Building Blocks of Wellbeing Shape Your Circle of **Fuel Your** Keep Make a **Be Kind** Thinking Influence **Connected Brain** Plan & Feelings