| The Five Ways Diary | Keep track of what actions you take that are linked to the Five Ways to Wellbeing. *Make a note if any changed how you were feeling* | | | |
|---|---|--------|--------|--------|
| | Week 1 | Week 2 | Week 3 | Week 4 |
| Give | | | | |
| CONNECT TRUE ALISTIAL SE TREES, FREI GRANCTES | | | | |
| TAKE NOTICE BINDINGS THE CONCEPTIONS THAT CONTROL PRINCS | | | | |
| BE ACTIVE PLANT FAME PROVE TOOK REGIST. | | | | |
| KEEP | | | | |

Created by South Western Sydney Local Health District

