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				
TĀĶE NOTICE				
BE ACTIVE BUT SAN A. PROVE TOOK BOOK				
KEEP				

Created by South Western Sydney Local Health District

