



# Wellbeing Diary

**Keep track of what actions you take that are linked to the Five Ways to Wellbeing.**

**\*Also write / draw any changes to the way you are feeling\***

	Week 1	Week 2	Week 3	Week 4
<b>Be Active</b> Do what you can, enjoy what you do, move your mood				
<b>Connect</b> Talk and listen, be there, feel connected				
<b>Give</b> Your time, your words, your presence				
<b>Keep Learning</b> Embrace new experiences, see opportunities, suprose yourself				
<b>Take Notice</b> Remember the simple things that bring you joy				