

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.

