

My 5 Ways to Wellbeing Plan

Use this sheet and ideas from our 5 Ways to Wellbeing website, to make the 5 Ways a part of *your* way to wellbeing!

www.5waystowellbeing.org.au



	Connect	Be Active	Keep Learning	Be Aware	Help Others
What am I doing now?					
What do I want to change or do more of?					
What is one next step I can take in each area to get started?					