



# Good Vibrations



Every day, reflect on each of these five steps which are important to your wellbeing. Think about how much attention you gave them in your daily routine and give yourself a score for each area in the tables below. At the end of each week, add them up to note a weekly total.

**1 point** - I'm getting started (less than 5 minutes)

**2 points** - I'm doing well (up to 15 minutes)

**3 points** - I'm doing great! (more than 30 minutes)

**Weekly Progress** - Keep a weekly score and see if you can keep it going for a month.

### Weekly Total

Week 1 Total  Week 2 Total  Week 3 Total  Week 4 Total

At the end of each week reflect on:

**3** Things I have enjoyed doing

**3** Things I plan to do next week

### Connect



**Connect with other people:** family, friends and neighbours. Social relationships are important to support wellbeing. Spend time developing and nurturing them. Building connections will support and enrich you every day.

week	M	T	W	T	F	S	S
1							
2							
3							
4							

### Be Active



**Exercising makes you feel good.** Find an activity you enjoy, one that suits your level of mobility and fitness. Being physically active will also promote and support your emotional wellbeing. Aim for 30 minutes of moderate activity five times a week.

1							
2							
3							
4							

### Keep Learning



**Try something new, rediscover an old hobby or sign up for a course.** Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.

1							
2							
3							
4							

### Take Notice



**Stop, pause, or take a moment to look around you.**

What can you see, feel, smell or even taste? Look for the beautiful, new or unusual things in your everyday life, which you may not have noticed, and think about how they make you feel.

1							
2							
3							
4							

### Give



**Do something nice for a friend or stranger,** thank someone, smile, volunteer your time or consider

joining a community group. Look out as well in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

1							
2							
3							
4							