



Things you like...

What things do you like doing?

What things make you feel good
when you accomplish them?



Try and schedule in time for yourself to do more of the things listed here





Remember - Don't make resolutions. Instead, try to create new habits.

New good habit 1

**How often?
number days / weeks**

New good habit 2

**How often?
number days / weeks**

New good habit 3

**How often?
number days / weeks**

Put your plan into action

What barriers might stop your plan?

What could you do about it?



Be realistic, keep things achievable.

Creating new habits and improving your wellbeing takes time and practice. Keep going and take time review your plan.

