

# WELLBEING PLAN



**MIND.**  
**SET.**  
**ENGAGE.**



## WELLBEING

# INTO ACTION

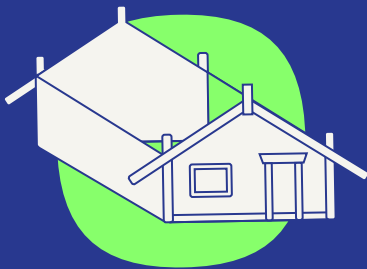
When it comes to looking after our wellbeing it's all about doing small things, often. Complete the table by spending some time thinking about each of the four pou that make up your overall wellbeing.

IN MY LIFE I ALREADY  
LOOK AFTER THIS PART  
OF MY WELLBEING BY:



### TAHA WAIRUA

SPIRITUAL  
WELLBEING



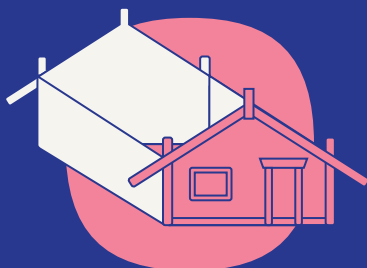
### TAHA TINANA

PHYSICAL  
WELLBEING



### TAHA HINENGARO

MENTAL AND  
EMOTIONAL  
WELLBEING



### TAHA WHĀNAU

FAMILY AND  
SOCIAL  
WELLBEING



**WHENUA**  
LAND, ROOTS

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WHAT I NOTICE  
WHEN I DO  
THIS IS:

ONE THING I CAN COMMIT  
TO DOING MORE OF TO  
STRENGTHEN THIS AREA IS:

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# GRATITUDE NOTES

Kia ū ki te pai, kia whai  
hua ai – Hold on to what  
is good and good things  
will follow

EVERY DAY FOR THE NEXT SEVEN DAYS WRITE DOWN THREE THINGS YOU ARE GRATEFUL FOR:

## DAY ONE

- 1.
- 2.
- 3.

## DAY TWO

- 1.
- 2.
- 3.

## DAY THREE

- 1.
- 2.
- 3.

## DAY FOUR

- 1.
- 2.
- 3.

## DAY FIVE

- 1.
- 2.
- 3.

## DAY SIX

- 1.
- 2.
- 3.

## DAY SEVEN

- 1.
- 2.
- 3.