

ACTIVITY 4

WELLBEING WHEEL

Name:

Date completed (first time):

Date completed (second time):

Date completed (third time):

Key

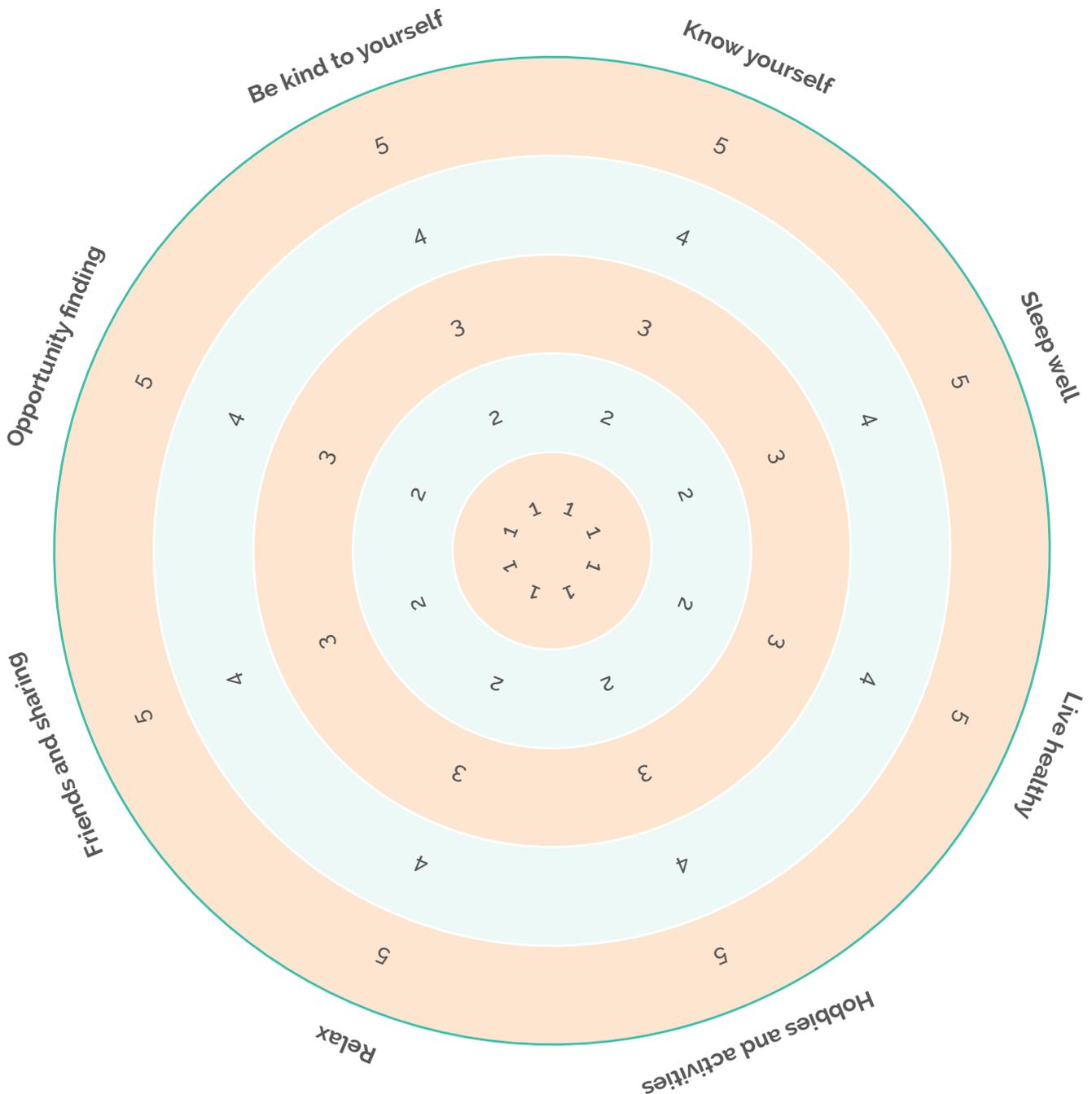
5 = I am happy with this

4 = Things are improving

3 = I am making changes

2 = I am getting help with this

1 = I am worried about this





ACTIVITY 5

BUILDING CONFIDENCE AND WELLBEING FOR LEARNING AND WORK: ACTION PLAN

Confidence and wellbeing comes from lots of things – how we think about things, how we act and how we connect with others. We all have it within us to build our confidence and positive wellbeing.

Having confidence and a positive wellbeing enables us to get the most out of life and out of learning and work. These are lots of different ways to build our confidence and wellbeing.

After you have completed the Wellbeing Wheel, choose the action you want to take to build and maintain your wellbeing and confidence.

	Score	My actions	By when
Being Me - this is about accepting who you are and having positive regard for yourself		Be kind to yourself. Don't criticise or put yourself down. Treat yourself like your own best friend.	
		Know yourself: Recognise your skills and abilities. Learn from feedback.	
My lifestyle - this is about your physical health and wellbeing		Sleep well: Make sure you get enough sleep. Get into a good routine at bedtime.	
		Live healthy: Eat well. Get regular exercise.	
My time - this is about how you spend your time		Hobbies and activities: Do things you enjoy. Learn new skills. Have fun.	
		Relax: Make time to switch off - listen to music, meditate or read a good book	
Around me - this is about how you connect to other people and opportunities		Friends and sharing: Spend time with friends. Meet new people	
		Opportunity finding: Find out about opportunities and know your options.	



ACTIVITY 6

OVERCOMING BARRIERS AND CHALLENGES.

Facing up to challenges and barriers is an important part of getting and keeping what we want to achieve. We can often find a way around the challenges by drawing on our own skills and experience or, just as importantly, by getting the support of others.

This exercise will help you list the challenges and barriers that might get in the way of you getting and keeping what you want to achieve. You can then think about what you can do to overcome these challenges, who can help you to do this and set yourself a time by which you will deal with each challenge.

You might need to come back to the list if one solution doesn't work. Think of another solution and keep trying.

What is the barrier I am facing?	What can I do to overcome this barrier?	Who can help me?	When will I do this?