

Well-Being Menu

In order to help you feel like you have more control of your life and destiny follow the following steps:

1. List items that contribute positively to your well-being
2. From 1-5 (1 Low Weighting - 5 High Weighting) Rate each items' contribution to your positive well-being
3. Periodically check in and rate how you are doing to build positive habits (eg. have well-being weeks or months where you score yourself. Remember it's argued to take 30 days to create a habit)

You'll see some examples below:

Well Being Menu	Points	01-Oct	Notes
Eating Well	5	3	Have a healthy balanced diet
Sleep Patterns (Not Lying In)	3	3	In bed by 1000pm
Conversations with friends	3	3	Make sure I speak to one friend minimum each day
Reading	3	3	Spend a minimum of 30 minutes each day
Computer Games	1	1	2 hours maximum
Meditation	3	0	10 Minutes per day minimum

This example is what is helpful for me:

Well Being Menu	Points	01-Oct	Notes
Eating Well	5	3	Have a healthy balanced diet
Sleep Patterns (Not Lying In)	5	3	In bed by 9.30pm / Up at 6am
Run / Cycle in daylight	5	5	15 minutes minimum on busy days
Meditation / Visualisation	3	0	10 Minutes per day minimum
Exercise Class / Weights	3	3	30 Minutes minimum
Journalling	2	2	Note down thoughts throughout the day to get things out of head
Gratitudes	2	2	Make note of 3 things I'm grateful for each night
Podcasts / Audiobooks	2	2	Tune in for 30 minutes

