

PERSONAL WELLBEING CHANGE PLAN

NAME:

DATE CREATED:

What is a personal wellbeing change plan?

It supports and guides you through the journey from where you are today, to where you want to be, giving you reason to change and methods to do so. It sets the "why" for you to be healthier. It identifies compelling incentives that matter to you, that will encourage you to continue working on your wellbeing - be that going to the gym, eating more veggies, cutting out crisps. It plans for your time, your beliefs and values. It provides you with a network of support. It enables you to hit natural obstacles or set-backs without them throwing you off-path back to zero. This is your path to success.

- 1. Create your vision:** Where are you now versus where you want to be and by when. This is your "why". Why are you wanting or needing to change into a healthier person?

IN 1/2/3/5 YEARS () FROM NOW I WILL FEEL DIFFERENT BECAUSE:

I WILL LOOK DIFFERENT BECAUSE:

I WILL ACT DIFFERENT BECAUSE:

- 2. Set goals:** Create short term, measurable goals for you to easily aim for and measure success against.

GOAL 1:

GOAL 2:

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GOAL 3:

GOAL 4:

3. Get support: Identify your support network. This may be 2-10 people or more who will hold you accountable to your goals and actions.

The people who will support me are listed below and will help me through the following areas the most.

NAME	HOW THEY WILL HELP THE MOST	LIKELIHOOD OF THEM TRULY BEING ONBOARD (very likely, maybe, not likely)
1.		
2.		
3.		
4.		

4. Be true to yourself: Work out what you enjoy doing and how these actions link back to your wellbeing goals. Just list 3-9 activities that you enjoy doing and try to group them into the following activity types.

I ENJOY: *e.g. hanging out with friends; reading; yoga; running; fresh air; being with my dog; drinking; eating; playing piano; etc.*

TRY TO LINK THESE ACTIVITIES INTO THE FOLLOWING CATEGORIES:

	ACTIVITY 1	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	ACTIVITY 4
Dietary activity	<i>e.g. Socialising</i>				
Exercise-related activity	<i>e.g. Walking with dog</i>				

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Emotional health activity	<i>e.g. Socialising</i>				
Lifestyle activity	<i>e.g. Spending time with dog</i>				

5. Plan: Plan the above activities that you think will have the most impact on your wellbeing into your working week - realistically setting aside the time you have available. Remembering that 2 minutes is better than nothing. Choose 3-9 activities, trying to cover all 4 wellbeing areas once or more (diet, exercise, emotions, lifestyle) into the week.

WEEK 1 sample:

Action	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Diet	<i>e.g. Eat 4 x green leafy veg</i>						
Exercise							
Emotions							
Lifestyle							

6. Be accountable: Set up accountability meetings where you need to check in with your support network to see how you are doing against your short-term goals, and your overall vision.

	Meeting 1	Meeting 2	Meeting 3	Meeting 4	Meeting 5
Date <i>(aim for every 4-6 weeks)</i>					
Attendee(s)					
Goals discussed					

7. Prepare to fail: Part of every change may involve some set-backs as a natural cycle of life. Without these set-backs, we don't learn and we may continue to make mistakes until we eventually fall hard. If we prepare and plan for failure, recognising that it's ok and part of the journey, a failure to succeed won't mean that we ourselves feel like a failure, simply that we have hit a bump in the road that we need to climb. No problem.

Think about what are the most likely things would have gone wrong – would you have failed to meet a goal? Would you have given up before you started? Etc.

WHAT WOULD BE CONSIDERED A “FAILURE” FOR YOU ON YOUR WELLBEING JOURNEY?

HOW WOULD YOU FEEL?

WHO WOULD YOU TURN TO FOR SUPPORT?

HOW COULD YOU TURN THIS INTO A POSITIVE OR TURN IT AROUND SO IT IS LESS NEGATIVE?

WHAT WOULD YOU HAVE TO DO TO GET BACK ON TRACK?

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HOW LONG WILL IT TAKE TO GET BACK ON TRACK?

WHAT WOULD INCENTIVISE YOU TO GET BACK ON TRACK?

NOW, YOU CAN REVISIT YOUR PLAN BASED ON THE ANSWERS ABOVE.....!

ANY OTHER AREAS TO INCLUDE:

We recommend that you keep this plan safe as a hard or online copy, and revisit it every time you have a goal/milestone and/or an accountability meeting.

*GOOD LUCK, IN GOOD HEALTH, FROM,
THE BALANCORE TEAM*