

Individual Wellbeing Plan

This template has been developed to support your reflection about your own personal wellbeing.

How you use this template is up to you. It can help you identify the areas of your work that are having the most significant impacts on your wellbeing; it can help you look at what you can put in place to address this; it can help you think about what others can do to support you. This wellbeing plan, although it belongs to you, can be used as a tool to help you and your manager have open conversations about things that are important for your health and wellbeing.

What does a good day look like for you?

Is there anything that has a negative impact on your wellbeing?

| Factor | What or who could help? |
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