



# Well-being Plan.

*'Using your past to guide your future'*

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## Well-being Plan

You're not always going to feel 100% and that's ok! Some days you don't even want to get out of bed and it becomes hard to motivate yourself.

Having a Well-being Plan that's easily accessible can be a fantastic way for you to recharge your batteries and get back on track.

The Wellness Recovery Action Plan (Ellen, 2004) is a framework which can be used to develop an effective approach to overcome and improve your mental health, by using what you know about yourself from past experiences to prepare for the future. It is a tool that you can use to have more control over your problems.

As you develop your Well-being Plan, it can become practical support to improve your wellness and you can refer to it:

- Daily- as reminders
- As and when requested to top up on motivation
- For constructive guidance in times of difficulty

It is designed as an aid to learn more about yourself, what helps and what doesn't, and how to get progressively more in control of your life and your experiences.

From this guide, you will be able to develop your personal Wellness Toolbox.

Planning provides direction and with direction you are more likely to achieve your goals.

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## **1. Motivation**

Motivation is an “outside-in” approach. If you wait until you feel motivated to do something, you’ll be waiting forever. Behaviour changes requires more than willpower, it involves learning how to navigate your environment, problem solving and setting SMART goals (specific, measurable, attainable, relevant and time-bound). This is helpful for developing your goals into an actionable plan.

**a. Recognition: These are the 3 main changes I want to make to my lifestyle and health:**

**b. What motivates me to act now?**

**c. What are the Pros of changing? What are the Cons of not changing?**

## 2. Well-being Goals

You are more likely to meet your goals if you write them down. It is important to have goals that are meaningful, create a sense of urgency and focus. Goals should be quantifiable and measurable. It's not enough to say, "*I will say words of affirmation more*" or "*I will start journaling*". An example of a well-written goal would be "*I will practice words of affirmation for 5 minutes, every day in the morning as soon as I wake up*" or "*I will journal 3 times a week for 20 minutes at 6pm, when I get back from work*". Fast track your well-being with SMART goal setting.

**a. What are my health and wellness goals?  
(Who, what, where, how and when)**

**b. I will MEASURE/track my goal by using the following methods:**

**c. Which resources will I need to ATTAIN this goal?**

**d. These are the reasons why this goal is RELEVANT:**

**e. I will reach my goal by this date:**

**f. I will review my goals every... (specify day of the week and time of day):**

### **3. Triggers**

Triggers are things that happen to us that are likely to set off a chain reaction of uncomfortable or unhelpful behaviours, thoughts or feelings.

**a. Recognition: What triggers my mental well-being to decrease?**

**b. Action Plan- What can I do about these triggers?**

**c. What can I do to avoid, limit or deal with my exposure to things that trigger me?**

## 5. Early Warning Signs

Early warning signs are the subtle signs of changes in our thoughts or feelings or behaviour, which indicate that you may need to take action to avoid a worsening of your condition or situation.

a. **Recognition: What changes for me; what are my early warning signs?**

b. **Action Plan What can I do about this? What action can I take when I recognise the early warning signs?**

## **6. Developing a Wellness Toolbox**

Sometimes you win, sometimes you learn. Perhaps you have attempted to make behavioural changes in the past. Take note of what you accomplished and be proud of your successes. This is where you can remind yourself of actions you can take that work for you.

**a. In my experience these are things that support my wellness – this works for me:**

**b. What did I learn from my previous experiences?**

**c. What do I need to do differently to be more successful?**

**d. This is what carries a sense of meaning or significance for me, this is what inspires me and reminds me of my values**

**e. These are some things that I would like to try to see if they would support my wellness:**





## **7. Supporters**

It's ok to ask for help. Asking for help isn't weak, it's a great example of how to take care of yourself. Whether it's a family member, friend or health care professional- anyone you trust.

**a. List the people you can go to for help:**

**b. What can they do to support you?**



## **Congratulations! You've Completed Your Well-being Plan!**

You have taken the steps forward to look after your well-being and every step you take towards your goal is an accomplishment.

Staying motivated can be difficult, so remember:

- Motivation is an “outside-in” approach. If you wait until you feel motivated to do something, you will be waiting forever. You start doing it, even when you don't feel like it and the motivation will follow
- Stick to the plan and not your mood
- Refer to your Wellness Plan and Wellness Toolbox
- Reward yourself along the way

**If you improve yourself by 1% today, then you are 1% better than you were the day before. If you improve by 1% everyday, by this time next year how much would you have improved by?**

**Require further support? Contact: [vanessa@insideoutwellbeing.org](mailto:vanessa@insideoutwellbeing.org) for:**

- Well-being MOT Assessments
- One to one Well-being Coaching Services
- Group Well-being Workshops