

Setting Intentions

Tick the intention you wish to set as you embark on Working With Wellbeing. Indicate the potential problems you might face, and reflect on why you want to make this change.



Intention

By completing the Working With Wellbeing Pathway I intend to:

- Stress less about work
- Feel like I have more time
- Work more efficiently and be less distracted
- Take care of myself better through the day
- Feel balanced and in control
- Understand more about my relationship with wellbeing
- Or choose your own

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Potential Problems

These are some of the things that might hold me back from achieving my intention:

- The comfort of my work environment
- Others I work or live with
- A lack of experience
- A lack of time
- A lack of energy
- I don't understand wellbeing
- Anxieties
- Specific stresses
- Or choose your own

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My Why

Take a moment to reflect on why making this change is so important to you:

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