



Wellbeing Activity Plan 18

Here is your personal wellbeing activity plan

There is something to try on each day of the wellbeing week.

Saturday 4th May

Eat healthy food which really nourishes you today

Sunday 5th May

Do three extra acts of kindness for other people

Monday 6th May

Get back into contact with an old friend that you miss

Tuesday 7th May

Say something positive to everybody you meet today

Wednesday 8th May

Take a small step towards an important goal

Thursday 9th May

Write down ten things you feel grateful for in life and why

Friday 10th May

Decide to lift people up rather than put them down

Saturday 11th May

Take 10 minutes to sit still and just breathe

Sunday 12th May

Put away your devices and focus fully on who are with