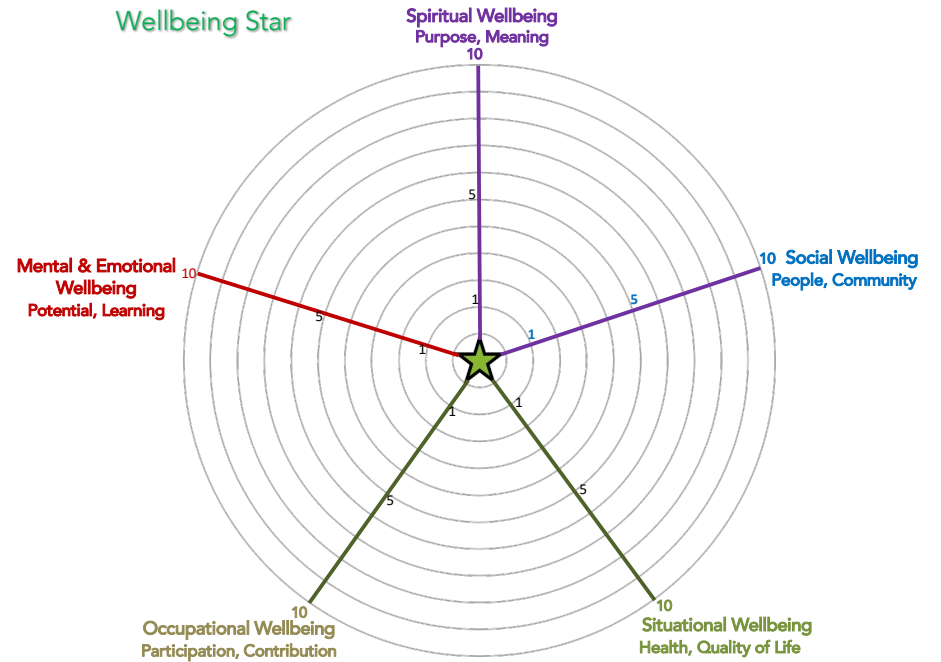


Our Wellbeing Framework : Tō Tātou Anga Whaiora



The Wellbeing Star



WELLBEING FOCUS WORKSHEET

Identifying opportunities to enhance my wellbeing; Focus on what matters most and can make the most difference

SPIRITUAL Self Purpose & Presence	MENTAL Emotional Learning	SOCIAL Community Relationships	OCCUPATIONAL Contribution	SITUATIONAL Quality of life
<p>Understanding and owning who I am - identity, mana, self-worth - uncovering my life purpose & ambition, standing in my place</p> <p><i>history, roots, whakapapa values & principles culture & heritage vocation & ambition spiritual connections</i></p> <p>Energising inner strength - recognising my unique potential; seeing who I am and what I am capable of, being my own person</p> <p><i>capabilities & skills capacity & potential community contribution reputation & presence how others see me</i></p>	<p>Thinking clearly, having a positive learning orientation, an adaptive attitude to change and embracing difference</p> <p><i>learning opportunities mental wellbeing stressful situations diversity & difference change & disruption</i></p> <p>Expressing my thoughts and feelings, noticing the world around me and how I respond to others, listening to understand</p> <p><i>emotional stability listening & empathy taking time out challenging encounters self awareness</i></p>	<p>Strengthening and securing relationships that matter to me - engaging with people who make a difference</p> <p><i>partner/significant other family/whanau close friends supporters, carers colleagues, associates</i></p> <p>Investing in others - making a meaningful contribution to the people, organisations & communities I care about</p> <p><i>family/whanau special interest/focus social, sporting, cultural spiritual / religious work, occupation</i></p>	<p>Having a sense of personal achievement, making a meaningful and positive community contribution, making a difference</p> <p><i>level of engagement job satisfaction career pathways community contribution acknowledgement</i></p> <p>Feeling confident and assured in your various life-roles and valued and acknowledged for who you are and what you do.</p> <p><i>role satisfaction roadblocks & challenges feedback & support capability / competency future possibilities</i></p>	<p>Enjoying good physical and mental health, being in a positive psychological state, enjoying an appropriate living standard</p> <p><i>physical health employment issues disabilities / addictions socio-economic factors accommodation</i></p> <p>Having a positive relationship with your living environment and an overall sense of satisfaction with your life</p> <p><i>environmental views recreational activities life challenges gifts & gratitude my life journey</i></p>

MY WELLBEING PLAN: Name:

Date:

SPIRITUAL Wellbeing: having a clear sense of who you are – mana, purpose or vocation, personal identity and self-awareness, self-belief and self-worth, cultural and gender identity, and religious affiliation

REFLECTION - FOCUS

Identifying and prioritising challenges & opportunities

PLANNING - STRATEGIES

Developing action plans to realise the opportunities

ACTIONING - OUTCOMES

Setting targets - envisioning what success could look like

ASSURING – REVIEWING

Monitoring progress - learning from mistakes & achievements

What do I need to focus on?	What am I going to do	What outcomes do I want	What's the difference I see?
1			
2			
3			
Who is going to support me on my journey?		Who is going to provide me with helpful and constructive feedback?	

MY WELLBEING PLAN: Name:

Date:

MENTAL (& Emotional) Wellbeing: thinking clearly, having a positive learning orientation and a positive and adaptive attitude to change, expressing our thoughts and feelings, noticing the world around us and how we respond to others.

REFLECTION - FOCUS

Identifying and prioritising challenges & opportunities

PLANNING - STRATEGIES

Developing action plans to realise the opportunities

ACTIONING - OUTCOMES

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What do I need to focus on?	What am I going to do	What outcomes do I want	What's the difference I see?
1			
2			
3			
Who is going to support me on my journey?		Who is going to provide me with helpful and constructive feedback?	

MY WELLBEING PLAN: Name:

Date:

SOCIAL Wellbeing: Enjoying a sense of belonging through meaningful community and family/whanau relationships and friendships and caring for and supporting others

REFLECTION - FOCUS

Identifying and prioritising challenges & opportunities

PLANNING - STRATEGIES

Developing action plans to realise the opportunities

ACTIONING - OUTCOMES

Setting targets - envisioning what success could look like

ASSURING – REVIEWING

Monitoring progress - learning from mistakes & achievements

What do I need to focus on?	What am I going to do	What outcomes do I want	What's the difference I see?
1			
2			
3			
Who is going to support me on my journey?		Who is going to provide me with helpful and constructive feedback?	

MY WELLBEING PLAN: Name:

Date:

OCCUPATIONAL Wellbeing: Having a sense of personal achievement, making a meaningful and positive community contribution, and feeling confident, valued, and acknowledged for your work.

REFLECTION - FOCUS

Identifying and prioritising challenges & opportunities

PLANNING - STRATEGIES

Developing action plans to realise the opportunities

ACTIONING - OUTCOMES

Setting targets - envisioning what success could look like

ASSURING – REVIEWING

Monitoring progress - learning from mistakes & achievements

What do I need to focus on?	What am I going to do	What outcomes do I want	What's the difference I see?
1			
2			
3			
Who is going to support me on my journey?		Who is going to provide me with helpful and constructive feedback?	

MY WELLBEING PLAN: Name:

Date:

SITUATIONAL Wellbeing: Enjoying good physical and mental health, being in a positive psychological state, enjoying an appropriate standard of living, having a positive relationship with your physical (and natural)

REFLECTION - FOCUS

Identifying and prioritising challenges & opportunities

PLANNING - STRATEGIES

Developing action plans to realise the opportunities

ACTIONING - OUTCOMES

Setting targets - envisioning what success could look like

ASSURING – REVIEWING

Monitoring progress - learning from mistakes & achievements

What do I need to focus on?	What am I going to do	What outcomes do I want	What's the difference I see?
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NOTES