



CONFIDENTIAL WELLEBEING WORKSHEET

This plan reflects the purpose of TTA – “to enable the wellbeing of male survivors” and embraces the focus of the TTA Wellbeing Framework and follows the five step process of **Purposeful Peer Support**

PERSONAL DETAILS

First Name		Last Name	
Mobile Phone		Email Address	
Plan Meeting Date		Record Entry Date	

WINTER: Navigating Challenges

TAKURUA / HŌTEKE

My **life challenges** that I will need to overcome

Planning Focus	Challenges to navigate?	Opportunities to resolve?
My mental & emotional wellbeing challenges – the things that stress me; the trauma-triggers and other issues that I need to find a way through?		
My important personal, family/whanua and/or community relationships that I need to strengthen and/or repair?		
My work/career and/or community participation challenges that I need to resolve?		
My physical wellbeing challenges that I need to work on?		

SPRING: Nurturing Growth**KŌANGA:**My **personal strengths** – things that I can build on

Focus	Strengths to engage	Opportunities to engage
Who am I – where do I belong – who/what are my helpful and supportive community connections?		
What are my values – what do I care about – what are the things in life that really matter most to me?		
What is my purpose – what life focus or activity does, or could, give real meaning or direction to my life?		
What makes relationships work for me – what do I value most in a good relationship; what do I give and what do I hope to receive?		

SUMMER: Celebrating Strengths**RAUMATI:**My **tolerance levels** – how can I work with difference?

Planning Focus	Differences to address?	Opportunities to embrace?
What are the differences and/or diversities within my family/whanau, workspace or community that make me feel uncomfortable?		

Planning Focus	Differences to address?	Opportunities to embrace?
What biases and prejudices do I harbour – the people, beliefs, and/or behaviours that I find very hard to tolerate?		
What is my sense of equity and fairness – what unjust and/or unfair practices or situations really upset me?		

AUTUMN: Appreciating Difference

NGAHURU:

My opportunities for **personal and relationship growth**

Planning Focus	Key Growth Opportunity	Peer Support Goal
Engaging my strengths – creating opportunities to focus on what matters most to me.		
Dealing with difference and diversity – learning to see the relationship growth opportunities in difference		
Navigating challenges – clearing the way for better relationships by committing to resolve my current life challenges		

MY WELLBEING ACTION PLAN

Towards wellbeing - building meaningful relationships

Wellbeing Focus	Action Plan	Peer Support Goal
Standing in my place, being my own person – building on my strengths; understanding and valuing who I am and what matters most in life for me		
Noticing the world around me, embracing difference – listening to understand, seeing difference & diversity as relationship growth opportunities		
Building relationships that matter, investing in others – valuing the people I care about and who care about me, strengthening and celebrating my key relationships		
Making a difference in your community – seeing the contribution you can make, acknowledging others and honouring yourself		
Looking after me and the world I live in – paying attention to your physical and emotional wellbeing, caring about your environmental footprint		

PLEASE PROVIDE A COPY OF THIS COMPLETED PLAN TO YOUR CLIENT