

# Five ways to wellbeing

The little reminders many of us need from time to time... if you take one action from these questions below, you have invested your time well in looking this up!!

## Connect

Find or create your new tribe!



**In what ways could you connect more – either nurturing existing connections or making new ones?**

**What toxicity or drains could you respectfully and gently let go of in the meantime?**

**What helps you connect to a bigger sense yourself, with belonging, with knowing that you are a part of something big and amazing called humanity!**

**Action:** How, when, who with?



## Be Active



**What does being active mean to you? What small step could you take to be more physically active?**

**If you have any barriers, what could movement feel and look like for you, whatever your circumstances and mindset?**

**Action:** What exactly could you do, when will you start?

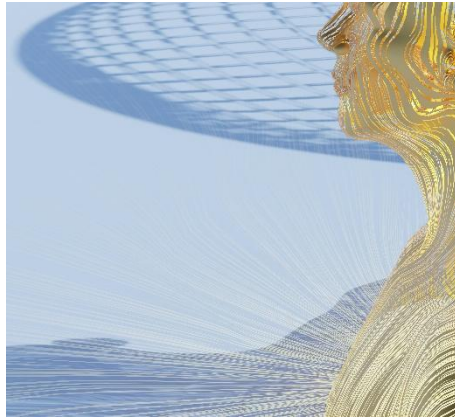
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## Take Notice!



**What could you do to pause, connect to yourself and take notice of your environment, whether indoors or outdoors?**

**Action:** What exactly will you do and when?



## Learn!

What do you feel drawn to? What are you curious about? What one new thing could you like to learn or improve on?

**Action:** What exactly will you do?

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## Give!



**What kind of giving do you already do? Where do you need to put boundaries? How could you give to yourself too? In what new ways could you give or contribute in a way that is meaningful for you?**

**Action:** What exactly could you do, for what or for whom?

**Which one of these prompts resonated most for you?**

**What was the result of your reflections?**

**What will you do differently?**