

# Wellbeing Change Planning Worksheet

**Small Steps, Big Impact**  
Making small, achievable changes to your daily habits can lead to significant improvements in your health and wellbeing. Use this worksheet to reflect, plan, and take action toward a healthier, more balanced life.

## Step 1: Reflect on your current habits and practices in the following areas.

- **Sleep:** How many hours of sleep do you get on average each night? Do you feel rested when you wake up?
- **Nutrition:** Do you feel energized and nourished by your meals? How balanced are your meals (protein, vegetables, whole grains, etc.)?
- **Exercise:** How often do you move your body (e.g., walking, stretching, or exercise)? Do you usually feel physically energized or fatigued?
- **Relationships:** How are your connections with others? Do you feel supported by family, friends, or colleagues? Are there relationships you'd like to strengthen?
- **Mental wellbeing:** How do you feel emotionally on a regular basis? Do you practice mindfulness, gratitude, or other mental wellbeing strategies?

**Step 2: Identify an area for improvement.** What is an area where making changes could improve your overall wellbeing:

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**Step 3: Articulate what you want to change.** What change do you want to make in this area? Be specific and realistic.

- Change: \_\_\_\_\_
- How will this improve your wellbeing? \_\_\_\_\_

**Step 4: Create your action plan.** Identify smaller, achievable things to do that will help you make this change. Consider potential obstacles to making this change, and how you'll overcome those obstacles.

*What things will you do to help you make this change?*

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*What might get in your way and how will you handle it?*

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*How will you track your progress and check-in to re-evaluate?*

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**Step 5: Identify how you will create support.** Who can support you and keep you accountable as you make these changes? How will you check in with them?

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**Step 6: Reflect and adjust.** As you make changes, take time to reflect on your progress. Is the change helping you feel better? Do you need to adjust your plan? Make tweaks as needed.