



_____ 'S
WELLBEING ACTION PLAN



How to use the template

The aim of this template is to support you to create a tailored and sustainable wellbeing action plan, focusing on Rener Wellbeing's four prongs of wellbeing: mental health, physical activity, sleep, and nutrition.

The action points you set yourself should take your unique barriers and enablers to each prong of wellbeing into account. Make sure they are realistic action points that you can act upon sustainably for a long period of time. These action points aren't written in stone, it is ok to amend them regularly if needed!

Key

Barriers: What stops you from being well in the specific area e.g. a lack of time, no motivation, I don't know how to work on my mental health etc.

Enablers: What helps you to be well in this area e.g. I am more productive at work when I exercise, I live near the yoga studio, I feel better when I sleep eight hours a night, it benefits my health, I enjoy doing mindfulness activities etc.

Action Points: Try starting with only one or two realistic aims. If you are doing lots already then aim to maintain your levels.

How the changes will benefit my life: Focus on why and how these action points will benefit your life. If and when they get hard to implement, remember these!

For further support contact us

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PHYSICAL ACTIVITY

BARRIERS

ENABLERS

ACTION PLAN

HOW THE CHANGES WILL BENEFIT MY LIFE
