

5 Ways to Wellbeing

ACTION PLAN

I (name)
will take charge of my own wellbeing. I can do this by using the
5 Ways to Wellbeing actions.



I will **C**onnect by



I will **K**eeP Learning by



I will **B**e Active by



I will **T**ake **N**otice by



I will **G**ive by

