

# Actioning The Five Ways To Wellbeing – Part 1

Connect

Have you connected recently, and if so how?



Be Active

Consider how you have been active?



Take Notice

How did you do this recently?



Keep Learning

Have you learned something lately, and if so in what way?



Give

Have you given recently, and if so in what way?



# Actioning The Five Ways To Wellbeing – Part 2

Connect	I'd like to connect more by...	Timeline
		
Be Active	I'd like to try to be more active by...	Timeline
		
Take Notice	I would like to consciously take notice by...	Timeline
		
Keep Learning	I'd like to learn by trying this...	Timeline
		
Give	I'd like to consider giving by trying this...	Timeline
		