

## ONE POINT HAPPIER

QUESTION	PHYSICAL WELLBEING	MENTAL WELLBEING	NOTES
On a scale of 1-10 how much do you focus on your physical / mental wellbeing?			<i>Note the difference between these scores. Are they interlinked?</i>
Think of something – no matter how easy / hard / obtainable / unobtainable that you would <i>love</i> to do that could improve this score by as little as <u>one</u> point?			<i>Go for a walk</i> <i>Go to the driving range</i> <i>Take a bath with candles</i> <i>Start reading a book</i> <i>Do a YouTube workout</i> <i>Learn something new (woodwork sewing, language etc)</i> <i>Listen to music</i> <i>Join a club (running, cooking, comedy)</i> <i>Bake cakes and share them with friends/ family/colleagues/ neighbours</i> <i>Volunteer</i> <i>Gardening</i>
What are the practical considerations that might prevent you from doing it?			<i>Working hours</i> <i>Childcare</i> <i>Too tired</i> <i>Cost too much</i>
What could you do to remove that barrier?			<i>Ask if you can flex your working hours one day a week</i> <i>Go to bed earlier /wake up earlier</i> <i>Nominate 9pm-10pm as your quiet time</i> <i>Find a lower cost alternative</i> <i>Ask someone for help</i>
			<i>Selfish</i>

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What thoughts do you have that might stop you from doing it?			<i>Guilty</i> <i>What's the point?</i> <i>Just watch TV instead</i>
Are you really going to let those thoughts get in the way of you doing something that will make you happier and healthier?			<i>Nooooooooo!</i>
Imagine, you'd successfully integrated this into your routine. How do you feel?			<i>Calmer</i> <i>Happier</i> <i>Sense of achievement</i> <i>Living life to the full</i> <i>Energised</i> <i>More self-worth</i>
Now you feel this way, how has it impacted on other areas of your life?			<i>Better at my job</i> <i>More energy for my kids</i> <i>Better relationship with my partner</i> <i>Better relationship with myself</i>
Is there anything else you could do to make this idea even better?			<i>Ask a friend or family member to join you</i> <i>Do it more than once a week</i>
What do you need to do to make this happen?			<i>Talk to my partner</i> <i>Talk to my boss</i> <i>Get up 15 mins earlier tomorrow</i> <i>Do some research</i>
When are you going to do it?			<i>From tomorrow</i> <i>Every Wednesday 8pm-9pm</i>
Are you committed to this?			<i>Hell yeah!</i>