

My 5 Ways to Wellbeing Plan.

Use this sheet and ideas from our 5 Ways to Wellbeing website, to make the 5 Ways a part of *your* way to wellbeing!

www.fig.gov.fk/publichealth

	 Connect	 Be active	 Take notice	 Keep learning	 Give
What am I doing now?					
What do I want to change or do more of?					
What is one next step I can take in each area to get started?					

