







# My five steps to wellbeing diary

Set aside some time at the end of each day to jot down anything you did towards the five steps and how it impacted your mood. Don't worry if you don't manage to do something for all five every day. Celebrate what you do achieve and the difference that it made.

Fill in stages 1 to 5 each day	1. Connect with others	2. Be active	3. Try something new	4. Give to others	5. Savour the moment	How did you feel today?
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						