

MY 5 STEPS TO



How do I demonstrate each of the 5 steps to wellbeing?

CONNECT

- 1.
- 2.
- 3.

What can I do more of in the future to help connect?

BE ACTIVE

- 1.
- 2.
- 3.

What can I do more of in the future to help stay active?



LEARN

- 1.
- 2.
- 3.

What can I do more of in the future to help keep learning?

GIVE

- 1.
- 2.
- 3.

What can I do more of in the future to help give?

TAKE NOTICE

- 1.
- 2.
- 3.

What can I do more of in the future to help pay attention?

