**Linda Rowley Coaching and Development**

**Five Ways to Well-being[[1]](#footnote-1)**

**Self-Reflection Checklist**

**How often do you do the following? (Rate, using the scale below):**

**5 = Frequently**

**4 = Occasionally**

**3 =Sometimes**

**2 = Never**

**I = It never even occurred to me**

**Connect…**

With the people around you: with family, friends, colleagues and neighbours, at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

* Spend time with others whose company you enjoy
* Keep in contact with important people in your life
* Open up to others and let others know different aspects of you
* Practice receiving from others
* Spend time with nurturing people, relationships, places
* Play with children
* Play with pets
* Catch up for a coffee with friends
* Participate in a spiritual gathering, community or group
* Take time to chat with co-workers

**Be active…**

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

* Aerobic Exercise (aerobics classes, zumba, running, jogging)
* Lift weights
* Practice martial arts
* Do physical activity that is fun for you (e.g. dancing, gardening)
* Walk in the park

**Take notice…**

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

* Notice your inner experience - your dreams, thoughts, imagery, feelings
* Be curious
* Spend time in nature
* Express gratitude
* Savour your food
* Notice the beauty of your surroundings
* Watch the sunset
* Be aware of non-tangible (nonmaterial) aspects of life
* Write in a journal

**Keep learning…**

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

* Surf the internet for interesting facts
* Do something you have never done before
* Engage your mind in new ways - go to an art museum, performance, sports event, exhibit, or other cultural event
* Read inspirational literature
* Get regular supervision or consultation
* Identity projects or tasks which are exciting, growth-promoting, and rewarding for you
* Make time for self-reflection
* Be open to mystery, not knowing
* Sign up for a new course
* Attend webinars on a topic of interest

**Give…**

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

* Nurture others
* Participate in causes you believe in
* Volunteer
* Donate to charity
* Help a mate
* Join a community group (e.g. Apex, Lions)

(Adapted from Saakvitne & Pearlman & TSI Staff, Transforming the Pain: A Workbook on Vicarious Traumatization, 1996). Based on The 5 Ways to Wellbeing, New Economics Foundation, <http://neweconomics.org/projects/five-ways-well-being>

**Review your responses. Where are your “5’s” – the things you do well?**

**What are the areas you would like to strengthen?**

**What is important for you? How could you balance out the “5 ways” to enhance your wellbeing?**

**What are 3 actions you can take in the next week to improve your self-care?**

**1.**

**2.**

**3.**

1. 5 Ways to Wellbeing is developed by the New Economics Foundation [↑](#footnote-ref-1)