

WELLBEING LOG: Making a Commitment to Yourself

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| **What are you going to do for your wellbeing in the short term?** | How do you plan to integrate any of the wellbeing activities into your routine? |
| Please type here |
| **What do you hope to have improved about your wellbeing in the next 3 months?** | How will you regularly practice any of the activities to contribute to your sense of wellbeing in 3 months’ time? |
| Please type here |