



# Launch Psychology

## How to make a wellbeing plan.

With so much outside of your control (ie pandemic) it can be hard to know how to help yourself. Making a wellbeing plan is one place to start.

It's not about will power, or giving you more to do.  
It's about small habits with big impact.

Print this guide. Read it. Write on it. Fill in the wellbeing plan.  
Then action your plan, starting today.

**POWER UP** for your day.

What did you do to get ready for your day this morning?  
Which of your morning habits are drainers? Which habits are gainers?  
What do you want to start doing?  
What do you want to stop doing?

**POWER DOWN** or switch between.

What do you do to power down from your day?  
Which of your end of day habits are drainers? Which habits are gainers?  
What do you want to start doing?  
What do you want to stop doing?

**1 CONNECT. 2 MOVE. 3 LEARN. 4 NOTICE. 5 GIVE.**

The 5 Ways to Wellbeing framework tells us some ways to support mental health.

Which of the 5 Ways are you already doing?  
What needs more attention?  
What will you do to make it happen?



Example

## WELLBEING PLAN

**My why:** *Because I want more energy and better sleep. And I deserve it!*

### Daily routine:

#### Power up actions:

*Get up earlier - set alarm now  
Walk to WFH - tell someone so it happens*

#### Power down actions:

*Phone free hour - set do not disturb now  
Workout - practice my why so it happens*

### 5 Ways to Wellbeing:

**CONNECT** *Build a fort w kids tonight*

**MOVE** *Online boxing class tomorrow - set reminder now*

**LEARN** *Read for pleasure tonight - put book on my pillow each am*

**NOTICE** *Tune in to sounds I can hear + get Smiling Mind App for more ideas*

**GIVE** *Extra croissants for neighbour - say it out loud so it happens*

### Tips for making it happen:

**Focus on why**

**Unblock it**

**Schedule it in**

**Weekly review**

**Say it out loud**

**Be kind to you about it**

**My weekly wellbeing review is scheduled for:** *Wednesday @ 3pm - set focus time and alarm*

THIS WEEK

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**Now use the blank Wellbeing Plan  
on the next page to make it your own.**

### More support

Lifeline 13 11 14

Parentline 13 22 89

Beyond Blue 1300 22 4636

1800 RESPECT (family safety)



# WELLBEING PLAN

My why:

Daily routine:

Power up actions:

\_\_\_\_\_  
\_\_\_\_\_

5 Ways to Wellbeing:

CONNECT \_\_\_\_\_  
MOVE \_\_\_\_\_  
LEARN \_\_\_\_\_  
NOTICE \_\_\_\_\_  
GIVE \_\_\_\_\_

Power down actions:

\_\_\_\_\_  
\_\_\_\_\_

Tips for making it happen:

Focus on why      Unblock it  
Schedule it in      Weekly review  
Say it out loud      Be kind to you about it

My weekly wellbeing review is scheduled for:

THIS WEEK