



WELLBEING MADE SIMPLE

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WELLBEING TRACKER WORKBOOK



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PURPOSE OF THIS WORKBOOK

The purpose of this workbook is to give you a simple, free, quick and easy process to enhance your wellbeing.

WHAT YOU WILL LEARN IN THIS WORKBOOK

In the workbook you will learn how to use Wellbeing Trackers skilfully. The wellbeing tracking tools discussed in the workbook are free to download from www.WellbeingTrackers.com

INSTRUCTIONS

Not every the worksheet in the workbook will be a good fit for you. The key is to be open to them all and find the worksheets that will make a real and positive difference in your life.

PERMISSIONS

This workbook is free for everyone to use and share.

GET IN TOUCH

If you have any questions please contact me.

Email: contact@wellbeingtrackers.com

Website: www.WellbeingTrackers.com



When you start this workbook make a commitment to do each worksheet well and to complete the entire workbook. This allows you to be open to getting the most from the experience.



Consider going through this workbook slowly. Perhaps doing two or three worksheets each day. Your wellbeing is important. Cultural norms tell us not to focus on our holistic wellbeing. I suggest you prioritise it and invest time creating wellbeing in your life.



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DISCLAIMER

1. The creator of this workbook is not responsible for, and expressly disclaims all liability for, damages or harm of any kind arising out of use of, reference to, or reliance on any information or resources contained within it.
2. **Any reliance you place on the information, resources and tools in this workbook is strictly at your own risk.**
3. The information, recommendations, tools and resources in this workbook only represent the author's opinion and is not in any way to be considered as professional advice.
4. **The information, including any recommendations, in this workbook only represent the author's opinion. You should not rely on this information as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. If you have a mental health, addiction or physical health concern you should consult with the relevant medical professionals for support and guidance.**
5. No assurance of any kind is given that using this workbook will improve a person's wellbeing.
6. Although steps are taken to avoid this, no guarantee is given that the information provided in this workbook is correct, complete or up-to-date.
7. You are wholly responsible for how you use Recovery Trackers and Wellbeing Trackers.
8. The creator of the Wellbeing Trackers, Recovery Trackers, tools, workbooks and informational booklets available from the website - www.WellbeingTrackers.com - takes no responsibility for how you use them or any consequences of your use of them.
9. This workbook is not for the treatment of mental health, addiction or physical health problems. If you have a mental health, addiction or physical health problem consult with appropriate professionals for support, advice and guidance. If you wish you may use this workbook as an integrated part of treatment or as a complementary support for treatment.
10. Wellbeing and Recovery Trackers for Children should be used under the supervision of a responsible adult such as a parent or legal guardian.
11. This disclaimer is stated in addition to your legal rights.



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SIMPLE INSTRUCTIONS FOR USING A WELLBEING TRACKER.

Follow these steps each week in order to use a Wellbeing Tracker to enhance your experience of wellbeing.

Step 1

Choose a Wellbeing Tracker you feel will be helpful. There are lots to choose from and they are free to download from www.WellbeingTrackers.com

Step 2

Answer the questions on the Tracker.

Step 3

Add up your total score.

Step 4

Plot your total score on the chart.

Step 5

Reflect on your progress and think of some small, practical steps you can take to improve your score over the coming week.

Step 6

Repeat steps 2-5 each week.



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TIPS FOR USING THE WELLBEING TRACKERS.

Consider the following ideas when using the Trackers as they may help you to be more successful on your wellbeing journey.



Focus on improving your score by just one point each week.



Consider discussing your Trackers with a friend.



Focus on building the the strengths, supports and resources that help cultivate wellbeing in your life.. This is called building your **wellbeing capital**.



When you are doing well on one Tracker, consider changing to a different one. This will help you to develop all the aspects of your wellbeing.



Whatever way you use Wellbeing Trackers, use them in a way that feels right to you – that's the key!



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4 STEPS TO WELLBEING

There is no one formula for wellbeing. Everyone develops their own unique style. That being said, here is a process that you may like to try out and see if it is a good fit for your wellbeing journey.



Identify what is troubling you.

Identify the parts of your life that you are not happy with. Pick an area you would like to work on and find a relevant wellbeing tracking tool.

For example:

- If you want to improve your physical wellbeing use the Healthspan Tracker.
- If you want to cultivate wellbeing in a relationship use the Relationship Tracker.
- If you want to be happier at work use the Career Tracker.



Identify your wellbeing assets.

Your wellbeing assets are everything in your life that nurture your happiness. This includes all the people, places, patterns and things that promote wellbeing in your life. The first step is to identify your assets, then you can figure out how to make better use of them. You should always be looking for ways to increase and enhance your wellbeing assets.



Identify what you want your life to be like.

Think about what your life will be like when you have improved your wellbeing. Use your imagination, it is a powerful tool.



Find the simplest, quickest way of making these changes in your life.

Put together a plan to improve your wellbeing. Consider discussing your plan with a wise friend. The wellbeing tracking tool you have chosen will help you measure your progress. If, after a couple of weeks, you find you are not making progress, make some changes to your plan.



In order to be successful you will need to embrace a growth mindset and wellbeing work-ethic.



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DEVELOPING A GROWTH MINDSET

Consciously developing your mindset takes time, but the rewards are great. Developing your mindset allows you to let go of old patterns and embrace new, healthier ones.

Follow these instructions to start working on your mindset.



Identify the changes you want to make.

Look over the following pages and circle two or three of the growth mindset options that you want to develop.



Practice mindfulness.

Several times each day, take a deep breath, and become aware of how you are thinking about your situation.



Practice living consciously.

When you become aware that the way you are thinking about your situation is not in alignment with a growth mindset, consciously choose new thoughts and a new perspective that is in alignment.



DEVELOPING A GROWTH MINDSET

FIXED MINDSET

Avoid change.

Give up when
you fail.

Avoid feedback.

GROWTH MINDSET

Embrace
challenges and
change as an
opportunity to
grow and develop
new skills.

See failure and
setbacks as an
opportunity to
learn and do it
better next time.

Listen to and
seek out helpful
feedback.



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DEVELOPING A GROWTH MINDSET

FIXED MINDSET

See effort as pointless if you don't get results quickly.

Afraid to try new things. Afraid of failure.

Feel threatened by the success and talents of others.

GROWTH MINDSET

Persist when things don't work out and see effort as the path to mastery.

Open to trying new things and seeing failure as another stepping stone on the path to success.

Be inspired when you see others succeed.



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DEVELOPING A GROWTH MINDSET

FIXED MINDSET

Believing there is no point in trying because things never change.

Refusing to do things because they are difficult.

Believing you are only good at certain things.

GROWTH MINDSET

Believing that, with effort and support, things will change for the better.

Accepting that you will have to do difficult things in order to make progress.

Believing you can get better at anything with effort and support.



DEVELOPING A GROWTH MINDSET

FIXED MINDSET

Believing that there is something fundamentally wrong with you and so progress is impossible.

Believing that you can do it all by yourself and don't need any help.

GROWTH MINDSET

Believing that you are full of untapped potential.

Realising that everyone needs support in order to achieve their life goals.



WEEKLY PLANING JOURNAL

Each week, after completing a Tracker, write down some small, practical steps you can take to improve your score.

Week 1

Week 2

Week 3



WEEKLY PLANING JOURNAL

Each week, after completing a Tracker, write down some small, practical steps you can take to improve your score.

Week 4

Week 5

Week 6



WEEKLY REFLECTION JOURNAL

After completing your Tracker, write down some things you have learned about your wellbeing process over the past week.

Week 1

Week 2

Week 3



WEEKLY REFLECTION JOURNAL

After completing your Tracker, write down some things you have learned about your wellbeing process over the past week.

Week 4

Week 5

Week 6



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2 KEYS TO WELLBEING.



Build your strengths, supports and resources.

Connect with supports and resources that you feel good about. Spend some time looking into the different options that are out there. Look for positive people that bring joy into your life. Find places where you can go that help you appreciate how wonderful it is to be alive. Consider volunteering, connecting with a faith-based group and joining clubs so you spend more time with people whose company you enjoy and that have similar interests to you.

Just as important as connecting with supports and resources is to identify and develop your internal strengths. These could be things like having a positive future focus, being mindful of your thoughts, having a good sense of humour and having an interest in learning new things.

The more strengths, supports and resources that you have, the more wellbeing you will experience.



Regularly monitor your progress.

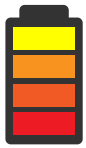
The other thing you can do to enhance your wellbeing is to regularly monitor your progress. One way of doing this is to use Wellbeing Trackers. If Wellbeing Trackers are not a good fit for you, that's fine; just keep looking for the self-tracking tools that will work for you.



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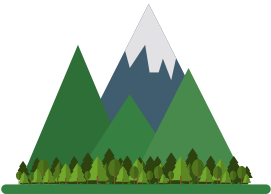
BUILD YOUR STRENGTHS, SUPPORTS AND RESOURCES



Your **strengths** are your positive personal qualities. You can tap into the strengths you already have and develop new ones on your journey.



Your **supports** are the positive people in your life that enhance your wellbeing.



Your **resources** are the various other things that help you on your wellbeing journey. For example, a nature park near you, a personal development book that inspires you, social media platforms that help you stay connected with people you care about, a faith-based community you are a part of and your local library or gym.



The **key** is to develop your strengths and find supports and resources that you feel good about - that are a good fit for you.



Everyone develops a unique set of strengths, supports and resources. Developing these in our lives is important. It takes time, but the reward is great. The reward is our mental, emotional, physical and social wellbeing!



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TIPS FOR BUILDING YOUR STRENGTHS, SUPPORTS AND RESOURCES



Make a plan to build your strengths, supports and resources a little each day. It takes time. But when you have developed them it will be a lot easier to cultivate wellbeing in your life.



When you start off on your journey you may feel that you do not have a lot of strengths, supports and resources. It's OK. Just build them little-by-little and over time things will improve.



When you feel you have a lot of strengths, supports and resources, don't stop; keep growing and learning and developing new ones. A good way to do this is to set some new wellbeing goals.

Over your life, as you change and grow, your strengths, supports and resources will evolve. It's a wonderful journey!



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BUILD YOUR INNER STRENGTHS

Circle the positive personal qualities that you can tap into to enhance your wellbeing.

A positive future focus A good planner
Detachment Intuition Courage
A good sense of humour Gentleness
Patience Compassion for others
Motivation Tact Courtesy
Wisdom A desire to help others
Self-discipline Belief in yourself Gratitude
Willingness to try new things Honesty
The ability to practice mindfulness Hope
Spirituality Focus Flexibility
An interest in learning about new things

Your list of inner strengths can always get bigger as you progress on your life's journey.



BUILD YOUR SUPPORTS

List the positive people that bring joy and wellbeing to your life.

> _____

> _____

> _____

> _____

> _____

We all need supportive, caring, loving people in our life in order to be well. It's OK if the list is small when you start off - you can always add new people as you progress on your journey.



BUILD YOUR RESOURCES

List some of the resources you can use to cultivate wellbeing in your life. For example, Wellbeing Trackers, music that inspires you, a volunteering community you are a part of, a nice nature walk nearby, clubs you enjoy being a part of and personal development books.

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In order to achieve our wellbeing goals we all need resources. The more we have, the better we will do at reaching our goals.

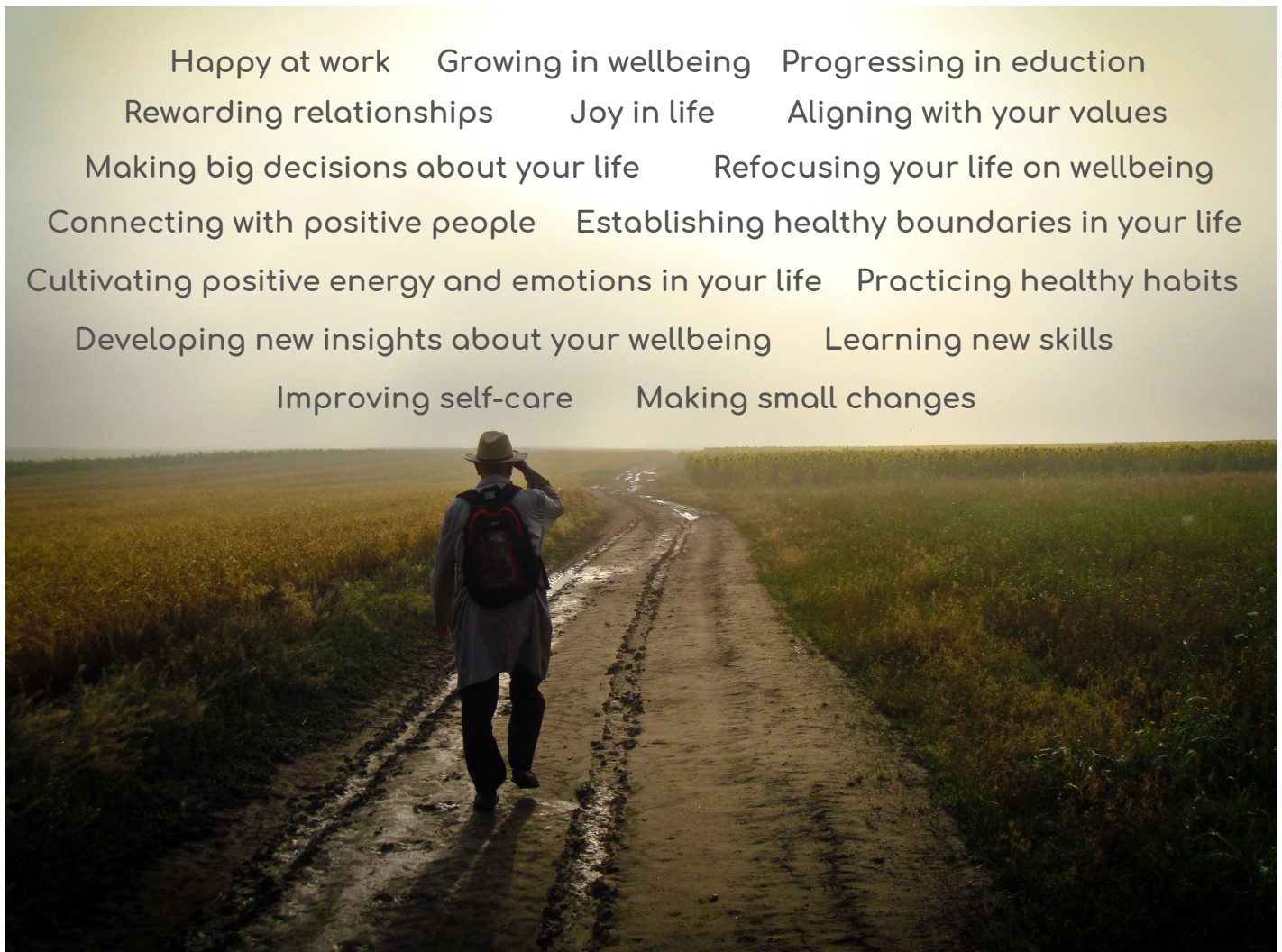


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WELLBEING ROAD

As you progress on your wellbeing journey, your strengths, supports and resources will evolve. So be open to connecting with new ones along the way. Everyone's journey is unique and so each person develops a unique set of strengths, support and resources that works for them.



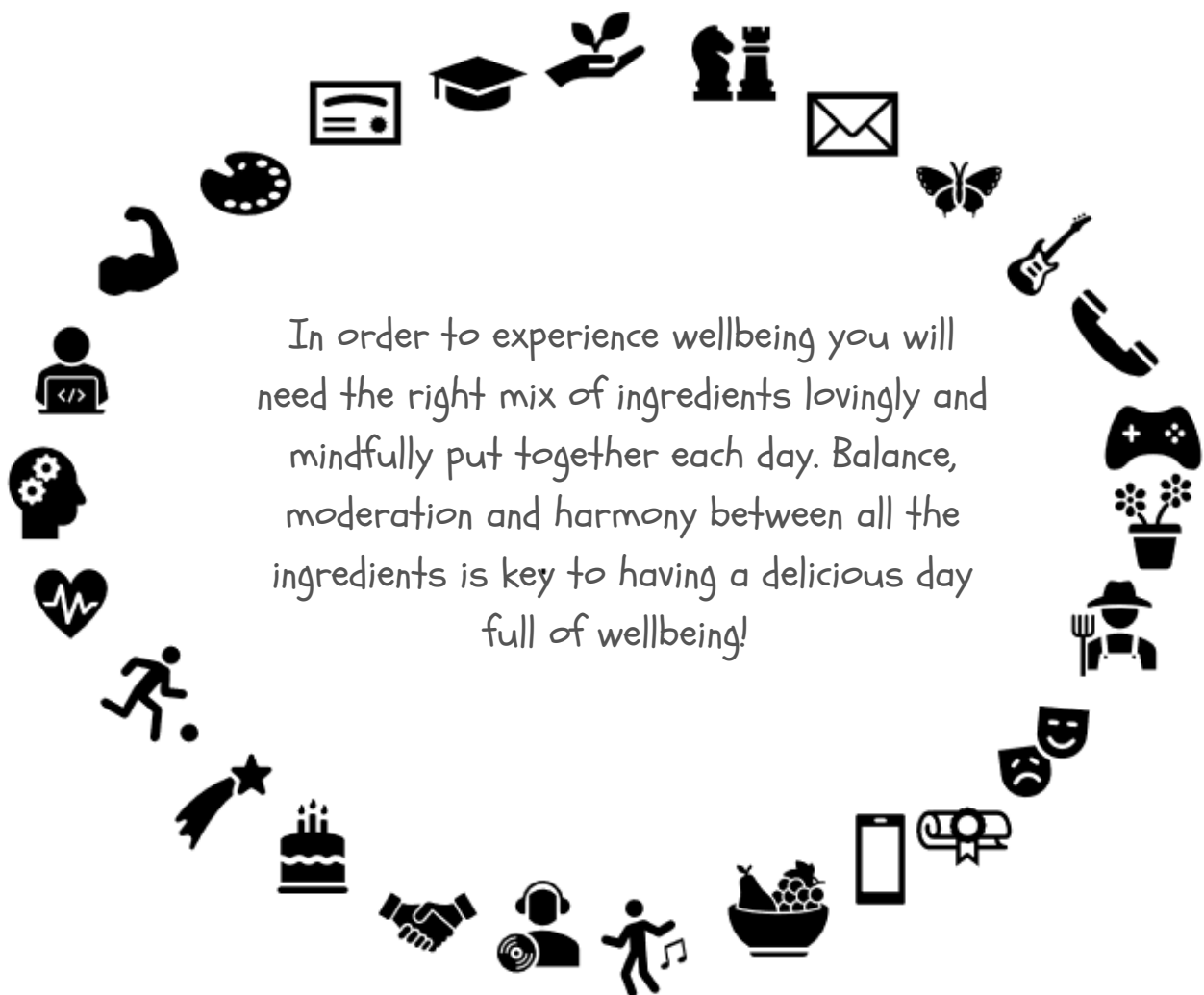
There will be grey days and great days on your journey. The key is consistency. Stay focused. Keep working at it. Keep building your wellbeing assets.



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BAKE YOUR WELLBEING CAKE EVERYDAY



In order to experience wellbeing you will need the right mix of ingredients lovingly and mindfully put together each day. Balance, moderation and harmony between all the ingredients is key to having a delicious day full of wellbeing!



DEVELOP A DAILY ROUTINE FOR WELLBEING

Every day can be a fresh start. An opportunity to learn from the previous day and improve on it. Each day is an opportunity to enhance your wellbeing.



Make a daily checklist

Make a checklist for the things you want to do each day to promote your personal growth and development. For example, you could read a poem, eat some fruit, read a book, go for a walk and meditate. At the end of the day tick off the activities you accomplished, then make new list for the next day.



Visualise your day

Each morning visualise how you want to approach the day and how you want to feel today.



Reset your day

Some days just get away from you. Things go wrong. Negative feelings like despair, frustration or envy start to creep in. It's OK. You can take a few minutes to reset your thoughts, feelings and focus. You can do this as many times as you need during the day.



Transform your day

Spend time with the people that transform you. Go to places that transform you. Do things that transform you. Find ways to connect with your natural transformative energies every day.



Remove a little clutter each day

Remove clutter from your home. Spend less time with people that are having a negative impact on your wellbeing. Let go of emotions that are holding you back.



Be mindful of your time.

Remind yourself you only get so many days on this earth. Spend less time doing unproductive things. Focus on your dreams.



Do something new.

Learn a new skill. Take on a new challenge. Connect with some new, positive people.



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COOL REASONS TO TRACK YOUR PROGRESS IN WELLBEING

There are a lot of good reasons why you should consider self-tracking your progress in wellbeing.



It's free



It's easy to do



It's quick. It can take as little as ten minutes per week.



It gives you a simple process to cultivate wellbeing in your life.



Self-tracking can improve your motivation, focus and consistency.



It can give you a reliable way to develop wellbeing in your life.



It gives you the freedom to find an approach and style of wellbeing that works for you.



You can share your self-tracking tools with others and get some new ideas about how to progress.



You can customise your self-tracking tools so they work just right for you.



Using self-tracking tools helps you maintain and build on the progress you have made.



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INNER STRENGTHS, PAGE 1

Use the following worksheets to identify qualities you can use to cultivate wellbeing in your life. It's OK to skip some or to tick the "unsure" box, you can always come back to them later. The important thing is to identify strengths you can tap into now.

It's also OK to tick both the "can tap into" and "to develop" boxes for qualities you have and would like to develop further.

Acceptance

Acceptance is the ability to accept yourself as you are and the situations you find yourself in. It allows you to deal with things as they are and avoid being frustrated by how things should be. Through self-acceptance you can live an authentic life and offer your talents to the world.

Assertiveness

Assertiveness empowers you with the ability to achieve your goals in a peaceful way. It allows you to express your ideas respectfully to others, even if they don't agree with you. Being assertive empowers you to express yourself clearly while being confident and calm.

Cheerfulness

Cheerfulness comes from looking at the bright side of life and finding a positive perspective. Even when life is challenging, cheerfulness can help you make the best of things. Cheerfulness brings light into dark situations and helps you find a way forward.

Cleanliness

Cleanliness is a commitment to taking care of your body and your surroundings. It means washing regularly, wearing clean clothes and keeping your surroundings clean. Living this way brightens every day.

*Tick this box if
it is a quality
you can tap into.*

*Tick this box if
it is a quality
you would like
to develop.*

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Unsure

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INNER STRENGTHS, PAGE 2

Compassion

Compassion is the ability to empathise and care about others. It requires us to take the time to listen and understand how others are experiencing their world. It motivates us to take action when others are hurting. It opens up our hearts to new experiences of how we can relate to others and the world. It makes us more competent parents, teachers, managers, carers and friends.

Contentment

Contentment comes from practising acceptance and gratitude. It helps you to be more peaceful and calm. And with this inner calmness, you are open to growth and new possibilities.

Cooperation

Cooperation is the ability to work with others to achieve a common goal. It means treating people fairly and playing by the rules. It requires us to develop skills so we can contribute to the goal and support teammates.

Courage

Courage occurs when our determination overcomes our fears. It allows us to make new choices and take new paths. It gives us the strength we need to be successful on our journey.

Tick this box if
it is a quality
you can tap into.

Tick this box if
it is a quality
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INNER STRENGTHS, PAGE 3

Courtesy

Courtesy means treating others with respect and kindness; even in stressful situations and difficult relationships. Courtesy is our way of showing others that they matter. It means listening carefully when they speak and being mindful of their preferences. When we are courteous, we are considerate of other people's feelings - we make requests not demands.

Creativity

Being creative heals us. We can express our creativity in all the aspects of our life, for example, in art, in cooking, in relationships and at work. When we tap into our creative energies we can solve problems in new and surprising ways.

Detachment

Instead of just reacting, we can practice detachment and choose how we respond to the situations life throws at us. Detachment allows us to experience our feelings without being controlled by them. It allows us to take a step back and look at things with perspective. Through detachment we can take a deep breath and step away from harmful situations, relationships, cravings, thoughts and feelings.

Determination

Determination focuses your energy. It allows you to stick it out and accomplish difficult goals. If one plan doesn't work you won't give up; instead, you'll find another way to achieve your dreams.

Tick this box if
it is a quality
you can tap into.

Tick this box if
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INNER STRENGTHS, PAGE 4

Empathy

Empathy is the ability to put ourselves in someone else's shoes and understand how they are feeling and experiencing the situation. It makes us kinder, more competent people. It protects us from making poor decisions that will harm others. It moves us towards a higher level of consciousness, where we are more selfless and radiant.

Enthusiasm

With enthusiasm you give yourself fully to projects and activities. You give your best to everything you are involved in; and, in return, you get more back from life.

Flexibility

Flexibility helps you find new ways of responding to situations. It keeps you open to growing and learning as you journey through life. It frees you from being stuck in the same old patterns.

Forgiveness

As we forgive we are set free. We can forgive others and we can forgive ourselves. It means we learn and move on. We accept ourselves and others, faults and all. We forgive wisely by putting healthy boundaries in place with harmful people. Instead of feelings of hate and revenge, we are free to have new emotions that enhance our wellbeing.

Tick this box if
it is a quality
you can tap into.

Tick this box if
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INNER STRENGTHS, PAGE 5

Friendliness

Friendliness is having a positive energy towards others. It is being interested in how they are doing and making them feel welcome. It is greeting people with a smile and a warm heart. It is making yourself available to offer support to others when they need it.

Generosity

Generosity is giving without expectation. You can be generous with your time and talents. Generosity allows you to give freely and more fully experience your potential. Generosity brings joy to a tender heart.

Gentleness

Gentleness allows us to be sensitive to ourselves and others. Though our gentleness we are responsive and kind to others. It allows us to experience life more profoundly. Being gentle with ourselves heals us. Being gentle with others nurtures their wellbeing. Gentleness creates safety.

Gratitude

From gratitude springs genuine happiness. On one level, it is appreciating the small things and being thankful for the blessings each day brings. On another level, it is being open to experiencing the wonder of being alive. Gratitude is something we can nurture through practice so we experience it more intensely as we grow.

Tick this box if
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INNER STRENGTHS, PAGE 6

Helpfulness

Helpfulness is making a positive difference to someone else's life. It is putting thoughtfulness and kindness into action. It may be a small thing you do for someone or it could be supporting someone with an important matter. When we work selflessly to be of service to others, we bless our own lives.

Honesty

Honesty is being truthful, sincere, open and genuine. A commitment to being honest with ourselves and others is a healing path. We look at our lives and refuse to lie, cheat or exaggerate. We admit mistakes. Honesty requires courage. It blesses us with an authentic life. It facilitates us to grow and move forward to a better life. Without honesty, how can we be joyful? Without honesty, how can we build a better world?

Hope

Hope gives us the courage to keep moving forward. It keeps us safe when times are dark. Hope is believing that someday it will be better, even if you are not sure how you'll get there.

Kindness

Kindness is caring that comes from the heart. When we are kind we accept others as they are and do things to help them. Acts of kindness let people know that they matter, that their lives are important. Everyday will present you with lots of opportunities to show kindness to others. Being kind to others helps us to grow towards becoming radiant, joyful human beings.

Tick this box if
it is a quality
you can tap into.

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INNER STRENGTHS, PAGE 7

Mindfulness

Mindfulness allows us to respond to situations and not just react to them. It brings us into awareness of how we are feeling and thinking. It allows us to process our thoughts and feelings and not be controlled by them. It allows us to live consciously, to choose our path and not to live on autopilot.

Openness

Openness is a willingness to consider new ideas. It is the ability to give serious consideration to what other people say. With openness we can try new things and break old patterns. We can be liberated from repeating the same mistakes over and over again.

Orderliness

Orderliness means taking a systematic approach to life. It means being organised and tidy. It means solving problems with a logical, step-by-step approach. Orderliness helps us accomplish our goals. It helps us to free our lives from stress and feelings of being overwhelmed.

Patience

Patience allows us to trust in the process of life. It allows us to be present in the moment. By practicing patience we can be happy with the way things are and enjoy the journey. Patience is soothing and wise. Patience creates space in our lives for acceptance, gentleness and wisdom.

Tick this box if
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INNER STRENGTHS, PAGE 8

Perceptiveness

With perceptiveness we become more aware of ourselves and our situation. We understand things that previously eluded us. Through the gift of perceptiveness we can appreciate life on new levels. We can tap into a deeper awareness of everything.

Purposefulness

Purposefulness comes from knowing what you want to achieve. With purposefulness you set clear goals and work steadily towards them. We all have the ability to live with a deep sense of purpose and meaning in our lives. Living a purposeful life gives you strength and enhances your wellbeing.

Reliability

Reliability means that when you say you are going to do something, you do it. Being reliable means that people can depend on you. When you are reliable people will trust you and have confidence in you.

Self-discipline

Self-discipline is freedom. It allows you to focus and do what needs to be done to achieve your dreams. It is the path to happiness and excellence. The gift of self-discipline allows you to weed out bad habits and cultivate good ones.

Tick this box if
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you can tap into.

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INNER STRENGTHS, PAGE 9

Tact

With tact we speak our truth with kindness. We think before we speak. We prepare our words before we say them. We wait for the right time and place to discuss important matters. We speak truth with tenderness for the hearts of the listeners.

Thankfulness

Thankfulness places happiness in our heart as we reflect on all the good things we have. Thankfulness can be a way of life. It allows us to appreciate how miraculous and wonderful life is. Thankfulness teaches us to cherish life. It frees us from bitterness and rapaciousness; and in there stead it places joy and generosity at the centre of our lives.

Wisdom

Wisdom keeps us safe. It moderates our actions when needed, and gives us courage and fortitude when needed. The gift of wisdom lies in each of us.

Tick this box if
it is a quality
you can tap into.

Tick this box if
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EXERCISE: Choose one inner strength to work on each week. Take a little time each day to reflect on that quality, what it means, and how you can make it more a part of your life.

I like to print off a new quality each week and place it beside my desk. Every time I look at it, I am reminded about its present and potential in my life.



The better we understand these qualities and the more we practice them, the stronger they will grow within us.



PERSONALISE YOUR WELLBEING TRACKING TOOLS

They are lots of customisable self-tracking tools available from WellbeingTrackers.com



Change how frequently you track your progress.

You can track your wellbeing moment-to-moment, daily, weekly, monthly or just whenever you feel like it. Getting the frequency right is important. So, use Wellbeing Trackers as often as feels right to you.



Change the questions

If a particular question does not feel right, you can always change it to something that works better for you.



Use a variety of self-tracking tools.

It can be a good idea to try out several wellbeing tracking tools. This allows you to find the right mix of tools that works best for you.

To learn more about customising your wellbeing tracking tools get the book "Recovery Made Simple" from WellbeingTrackers.com





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EXPLORE THE POSSIBILITIES FOR TRACKING WELLBEING IN YOUR LIFE

There are lots of different tools for tracking wellbeing. Invest some time in learning about them and trying out different ones. The more tools you are familiar with the more options you will have. Here are some of the tools available at www.WellbeingTrackers.com



Healthspan Tracker



Relationship Tracker



Experience Tracker



Career Tracker



Wellbeing Tracker



The key is to find the self-tracking tools that engage you and to use them in a way that feels right for you.

To learn more about wellbeing tracking tools get the book
"Recovery Made Simple" from WellbeingTrackers.com





CREATE YOUR OWN SELF-TRACKING TOOLS

There are five strong indicators of wellbeing that you can measure.

- 1 How you are doing in close relationships
- 2 How you are doing in social settings
- 3 How you are doing in your personal sense of wellbeing
- 4 How well supported you feel in your life roles, for example, as a parent, a teacher, a student, a manager, an employee, a community member and so on.
- 5 Your level of stress.

To learn more about creating self-tracking tools from scratch get the book "Recovery Made Simple" from www.WellbeingTrackers.com





WONDERFUL THINGS TO DO WITH SELF-TRACKING TOOLS

When you know how self-tracking works lots of wonderful options become available. Here are a few:



Wellbeing Teams



Community Wellbeing Surveys



Self-Tracking Mentoring



Community Empowerment Projects

To learn about these activities get the book "Recovery Made Simple"
from www.WellbeingTrackers.com





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Hopefully you have found some of the ideas in this workbook helpful and inspiring; but don't stop there, keep learning and growing - always!

I wish you all the best on your wellbeing journey.

*Love and light,
Gearóid Carey*

Founder of WellbeingTrackers.com



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