



# Role Wellbeing Tracker

Name: \_\_\_\_\_

Role: \_\_\_\_\_

Date: \_\_\_\_\_

Tick the box that best describes you experience in this role.

	Not at all	A little	Moderately	A lot	Extremely	
You feel supported.	0 .	. 1 .	. 2 .	. 3 .	. 4	
You enjoy it.	0 .	. 1 .	. 2 .	. 3 .	. 4	Total Score

If you wish, write down what you like about this role and what might make it even better.

*Experience wellbeing every day.*

[www.WellbeingTrackers.com](http://www.WellbeingTrackers.com)

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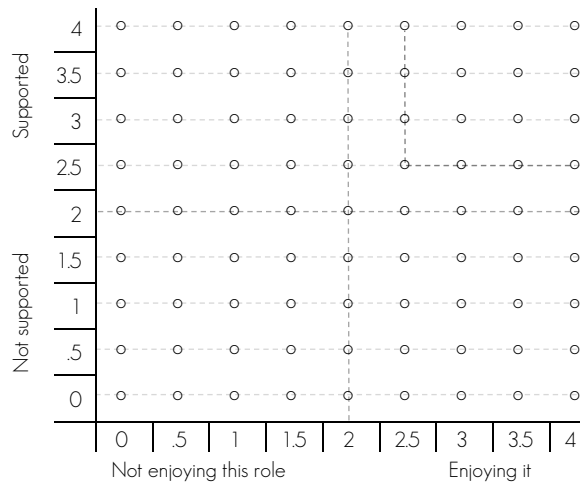


# Role Wellbeing Tracker

Name: \_\_\_\_\_

Role: \_\_\_\_\_

Start Date: \_\_\_\_\_



Feedback is a safe conversation about something important.

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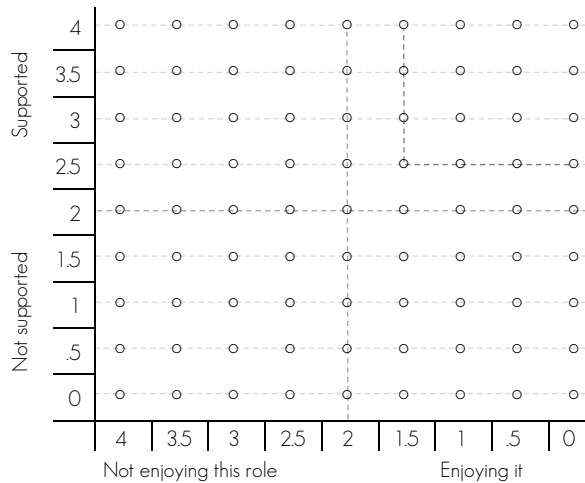


# Role Wellbeing Team Tracker

Team: \_\_\_\_\_

Role: \_\_\_\_\_

Start Date: \_\_\_\_\_



*Consult as a team and think of a small, practical step you can take to improve your team score*

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## *Instructions*

- Step 1: Answer the questions on the Tracker.
- Step 2: Add up your total score.
- Step 3: Plot your total score on the chart.
- Step 4: Reflect on your progress regularly and think of a small, practical step you can take to improve your score.

Consider sharing and discussing your Tracker with friends.

Consider using the Tracker as a part of a Wellbeing Team.

## *Tips*

1. If you feel your score is in between two of the options then place a mark between them and score it as a half point. For example, if you feel the choice that best describes your experience is in between "Sometimes" and "Often" then put a mark between them and score it as "2.5".
2. The most important thing is that whatever way you use this Tracker use it in a way that feels right to you - that's the key!
3. When you are doing well on this Tracker considering moving on the another one so you can develop all the aspects of your wellbeing.

## *Instructions for Team Trackers*

Step 1: Add up the team's total scores. Calculate the average by dividing this number by the number of members of the team.

Step 2: Plot the average on the chart and reflect on your progress as a Wellbeing Team. If the team feels it would be helpful you can also chart the highest and lowest scores as well as the average.

Step 3: Consult as a team and come up with ideas to improve the score on the chart by one point.

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