

Personal Well-being Canvas

Who's in my corner?	Thinking and action mistakes I make	What are my early warning data points? (poor sleep, bad nutrition, social withdrawal, others?)	Well-being for me Celebrating the wins Creativity Exercise Giving. Doing for others Gratitude Labelling and managing emotions Journaling and reflecting Humour and comedy Social connection Sleep Nutrition Nurturing Meditation Mindfulness Playing Other	Implementation intention - If then plans If ____ happens, then I _____	What does success look like for me?
		What accountability do I need?			
Who can I ask for help?	How I sabotage myself	What do I give permission for people to call me on? (irritable, "hangry")	What am I currently doing well for well-being?		