**Personal Behaviour Change for Wellbeing**

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| **Development Goal**  **(SMART goal)** |  |  |
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| **Behaviour change required to achieve goal** |  | When….  Instead of….  I will… |
| **What’s your motivation for achieving the goal?**  (how will things be better, improve for you?) |  |  |
| **Key actions to develop** |  | **What (new behaviour, actions) will you try, what tasks/ responsibilities will you take on**  **1.**  **2.**  **3.** |
|  | **Manager/Mentor / Buddy -support – Who will you seek support from and what support do you need from them?** |
| **Formal training – Is there formal training (skills/ knowledge) that will help?** |
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| **Feedback** |  | **Who will you seek feedback from? When / how often?** | |
| **Follow up** |  | **How often? With whom?** | |

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|  | **Progress** | |
| **Progress**  **What’s working?**  **What’s not working and needs to change?**  **What feedback have your received (from buddy, colleagues)?**  **What will you change?** |  |  |
| **Changes?**  **Do you need to refine the goal / behaviour change / actions?**  **Do you need to try different strategies?**  **What support do you need?** |  |  |

**OUTCOME**

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| **Outcome**  **How did you go?**  **What’s next?** |  |  |
| **Record any changes**  **It is often easy to move onto the next task without taking time to reflect and acknowledge what we have achieved.**  **Spend 5 mins recording what you have achieved so far.**  **What’s different now from when you started?**  **What have been the positive aspects of changes you’ve made?**  **What have been the challenges?** |  |  |
| **What have you learnt from this process?** |  |  |