**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?** |  |  |