

The Thriving Lives Worksheet

Wellbeing can be broken down into seven areas of practice that empower us to flourish and thrive. Use this sheet to work out what activities to add to your daily life to make sure you engage with all the practices needed for mental health and wellbeing.

Here's how:

1. Fill out your Current Activities for each area of practice. Compare lists to take stock of the areas where the gaps are
2. Next, fill in Possible Activities for each area of practice, to create some new options to add in.
3. Finally, over the page, choose your favourite Possible Activities to start using in the coming months. Developing the tools to put these into action is a journey itself, but it is well worth it.
4. If you get stuck, use the questions on page two to prompt you along.

Building Enjoyment & Positive Emotion

This is the practice of creating and taking pleasure in things. These are the activities of fun, leisure, silliness, love, peace, humour and the five senses.

| Current Activities: | Possible Activities: |
|---------------------|----------------------|
| | |

Creating Engagement & Interest

This is the practice of captivating attention and awareness in positive ways. These are the activities of tuning into to our surroundings, hobbies and special interests.

| Current Activities: | Possible Activities: |
|---------------------|----------------------|
| | |

Making Meaning & Purpose

This is the practice of creating positive meaning and being part of something bigger than ourselves. These are the activities of working towards a goal and contributing to a wider purpose or community.

| Current Activities: | Possible Activities: |
|---------------------|----------------------|
| | |

Exercising Self-Care

This is the practice of taking care of yourself physically and emotionally. These are the activities of self-compassion, self-respect, positive coping, nurturing and providing for your physical health needs.

| Current Activities: | Possible Activities: |
|---------------------|----------------------|
| | |

Using & Developing Strengths

This is the practice of doing things that use and develop your strengths and skills. These are the activities of finding and doing what you are good at and noticing it.

| Current Activities: | Possible Activities: |
|---------------------|----------------------|
| | |

Self-Expression & Support

This is the practice of showing how you feel and seeking assistance. These are the activities of help-seeking, open sharing and communication

| Current Activities: | Possible Activities: |
|---------------------|----------------------|
| | |

Connecting & Belonging

This is the practice of finding and being with people we relate to and creating positive relationships and lasting attachments. These are the activities of shared time, socialising, meeting people, and doing things together

| Current Activities: | Possible Activities: |
|---------------------|----------------------|
| | |

Note: 'Activities' can be **thought-based** or **behaviour-based**. For example '*reminding myself I am generally able to handle things*' is a thought-based activity in the area of Self-Care and '*going for a walk most days*' is a behaviour-based one. It is common for activities to cross-over into multiple areas of practice.

A Few Questions to Help Get You Thinking

Building Enjoyment & Positive Emotion

What do I do / could I do to make myself laugh every day?
 What have I had fun doing / seen others have fun doing before?
 What do I/could I find inspiring?
 What is my favourite sort of place?

Creating Engagement & Interest

What do I do/could I do with my spare time?
 What do I do/could I do to stop myself getting bored?
 What do I do/could I do to connect with my special interests?

Making Meaning & Purpose

What do I care about and how could I connect with it?
 How do I/could I contribute to a greater cause?
 How do I/could I make my experiences have a positive meaning?

Exercising Self-Care

What do I/could I do to take care of myself?
 What do I/could I do to make sure I have energy?
 What do I/could I do to comfort myself when distressed?

Using & Developing Strengths

How do I/could I give myself opportunities to use my skills?
 What have I always wanted to be good at?
 What do I do/could I do to acknowledge my strengths?

Self-Expression & Support

How do I/could I get help when I need it?
 How do I/could I show others what I am dealing with?
 How do I/could I connect with my feelings privately?

Connecting & Belonging

What do I do/could I do to create places to belong?
 What do I do/could I do to let people get to know me?
 What do I do/could I do to get to know other people?

Thriving Lives Action Plan

Use this space to record at least one new activity from each area to implement in the coming days, weeks and months. It can help to choose one or two activities to focus on putting into practice at a time.

1. Building Enjoyment & Positive Emotion

2. Creating Engagement & Interest

3. Making Meaning & Purpose

4. Exercising Self-Care

5. Using & Developing Strengths

6. Self-Expression & Support

7. Connecting & Belonging

When will you do these things?

How will you remind yourself?