

SUPPLEMENTARY RESOURCES

SUPPLEMENTARY WORKSHEETS

A number of photocopiable supplementary worksheets for use during the delivery of this **Wired For Well-Being** programme have been included in this book and are available to download on the digital companion page at www.otb.ie/w4w-c

SW1 - Well-Being Self-Assessment (page 58)

Complete this assessment to identify any areas to work on over the course of the programme. At the end of the programme, complete it again and reflect on the progress you've made.

SW2 - Positive Perspective (page 59)

Write and decorate some of the positives of your life in the shapes here and look at them whenever you need a reminder.

SW3 - Stress Triggers (page 60)

Being aware of our triggers for stress is very helpful as we can anticipate them and make a plan to cope with them. Write a list of some of your main triggers here along with a plan to deal with them.

SW4 - SMART Goal-Setting (page 61)

Using the **SMART** framework for goal-setting can be very beneficial. Use the template here to set a **SMART** goal.

SW5 - Value Influences (page 62)

Choose 5 of your values and reflect on how you came to develop them. Consider whether you now want to keep these values or replace them.

SW6 - Mindfulness Habit Building (page 63)

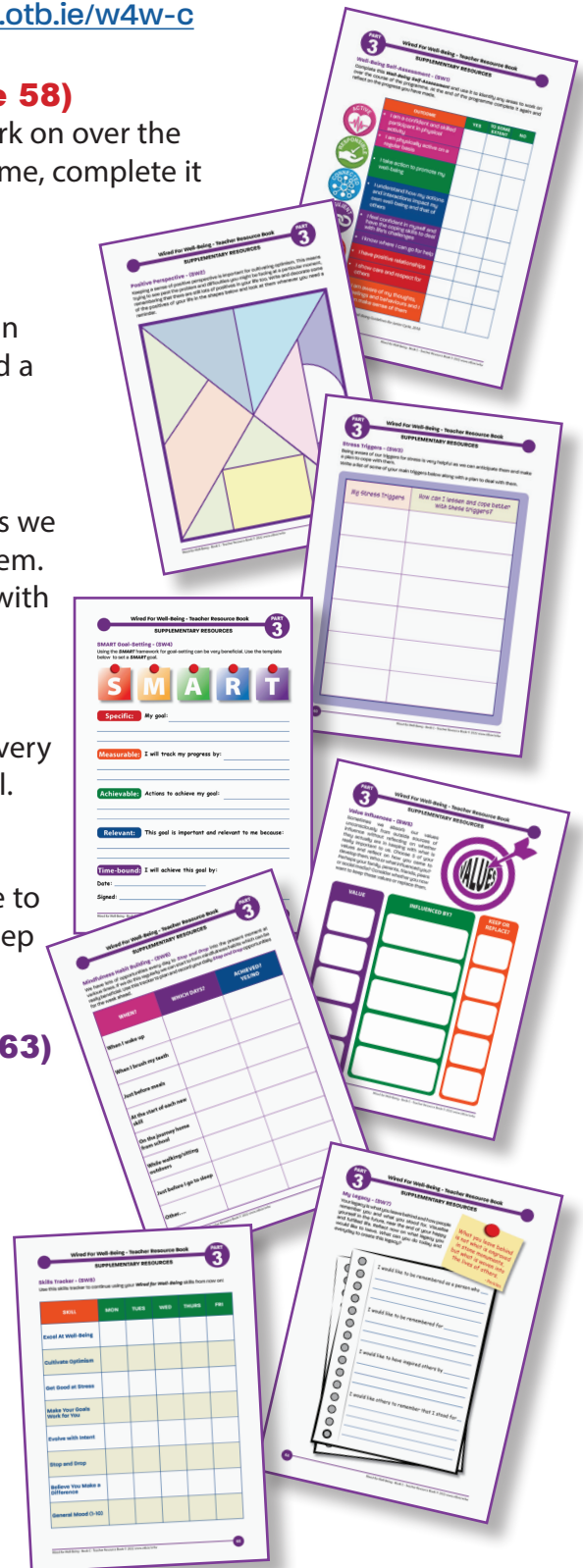
Use this tracker to plan and record your daily **Stop and Drop** opportunities for the week ahead.

SW7 - My Legacy (page 64)

Visualise yourself in the future, near the end of your happy and fulfilled life. Reflect on what legacy you would like to leave. What can you do today and everyday to create this legacy?

SW8 - Skills Tracker (page 65)

Use this skills tracker to continue using your **Wired for Well-Being** skills from now on!



SUPPLEMENTARY RESOURCES

Stress Triggers - (SW3)

Being aware of our triggers for stress is very helpful as we can anticipate them and make a plan to cope with them.

Write a list of some of your main triggers below along with a plan to deal with them.

<i>My Stress Triggers</i>	<i>How can I lessen and cope better with these triggers?</i>