

# MY WELL-BEING PLAN for 2024



**P**  
Positivity

I would like to feel lots of these Positive Emotions:



**L**  
Learning

I learn best when I:



**A**  
Attitude

I can keep a positive attitude by:



**N**  
Nourishment

I can nourish my mind by:

**CHOOSE ONE IDEA FROM EACH SECTION EVERY DAY TO  
HELP YOU TO CREATE YOUR WELL-BEING!**

**NAME:** \_\_\_\_\_