



Wellbeing Matters



Please keep a log of all the wellbeing challenges you have completed using the wellbeing matters diary sheet.

Week 2

Create a list of things you want to achieve by the end of 2021

Make someone you live with a drink unexpectedly

Take a minute to consider what really matters to you and why

Do something kind for someone in your house

Find a space where you can sit and spend 5 minutes focusing on your breathing

Let someone know how much they mean to you

Make a list of the top 10 countries you most want to see