

From Good to Great

Worksheet: Enhancing Wellbeing, Meaning & Quality of Life

Purpose

This worksheet is designed to help you reflect on what is already going well in your life and explore gentle ways to enhance wellbeing, meaning, and satisfaction — without pressure or comparison.

Take your time. Growth does not need to be rushed.

Important note

This worksheet is an educational support tool, not a replacement for professional mental health support. Growth work should feel supportive, not overwhelming.

Part 1: Acknowledging What's Already Working

Reflect below:

- One area of my life that currently feels steady or positive:

- One habit, relationship, or routine that supports my wellbeing:

Part 2: Identifying Strengths in Action

Without overthinking, reflect:

- Qualities or strengths I naturally bring to life:

- Times I feel most like myself or most energised:

Part 3: Meaning and Values

Consider gently:

- What matters most to me at this stage of life?
- Where do I already feel aligned with this?

Part 4: Engagement and Enjoyment

Reflect:

- Activities that absorb my attention or feel satisfying:

- Small moments I enjoy but may overlook:

Part 5: Gentle Growth Opportunities

Growth does not need to be dramatic.

Reflect:

- One small adjustment that could enhance my quality of life:

- One area where I might like to bring more intention or presence:

Part 6: Sustainable Pace

Consider:

- What helps me maintain balance while growing?

- What reminds me that rest and enjoyment are part of wellbeing?

www.steadymindsetwellbeing.co.nz

- Contact your local GP
- Dial 111 for immediate support
- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)