

## **Course 1: Introduction to Wellbeing – Worksheet 4**

**Congratulations! This is the final worksheet of the Introduction to Wellbeing course.**

**You have done great to come this far, keep it up!**

**This worksheet is designed to help you reflect on your current wellbeing, clarify what matters most to you, and start building habits that support a balanced and fulfilling life.**

**Take your time with each section. There are no right or wrong answers—just insights to help you understand yourself better.**

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### **Identify your Strengths:**

List 5-10 of your best strengths and qualities – think caring, thoughtful, smart, creative, trustworthy, problem-solving etc.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

### **Identify Areas of Improvement:**

List 1-5 areas of life you would like to improve the quality of – think relationships, work, stress, sleep, family, exercise, nutrition/hydration etc

AND for each identified area of improvement, nominate a personal strength/quality you have that might help you to improve.

- 1.
- 2.
- 3.
- 4.
- 5.

### **Identify Small Actions for Change**

For these areas of improvement, list corresponding actions that will help you to achieve improvement this week. See Goal Setting & Motivation Course for more information on Goal Setting.

1.

2.

3.

4.

5.

This is your wellbeing baseline. Note your current strengths, areas to focus on, and small actions you can take this week to keep progressing forward. Keep this as a reference point—it will help you see your progress over time.

Congratulations on completing the Introduction to Wellbeing course. You've laid the foundation for building awareness, balance, and meaningful change in your life.

**How to Access Further Support in New Zealand:**

- 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](http://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)
- Contact your local GP
- Dial 111 for immediate support