

Daily Wellbeing Planner + Tracker



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In the four years I've been working in the field wellbeing & culture, I don't think I've met anyone who hasn't wanted to improve their wellbeing. And I've met a lot of people in the last 4 years. So what is it about our own wellbeing that we're so convinced we need to improve, and yet seem so to struggle so much in doing so?

The place most of us seem to need some work to start with are the basics:
Sleep, hydration, fuel, time with loved-ones, being active, hobbies, waking rest and laughter

But when I suggest these, it's common for people to shake their heads - they haven't possibly got time.

Well, if current research on the health and wellbeing the UK workforce is anything to go by, we need to make time. And, from the work I've done and the changes I've made, I can tell you that if you do focus on and prioritise them, you actually get more done!

So the combined planner and tracker on the following page is the exact tool I use myself that helps me to keep on top of ALL of the things AND feel good and well in the process.

It's about the 8th version of it so far. I keep coming up with changes and additions I want to make.

It might not be the exact planner & tracker you need in a year's time (or that I will need, for that matter) but in the absence of anything else, it's a great place to start now.

If you want to know more, come and join my free facebook group for purpose-driven people wanting to improve their wellbeing



facebook.com/groups/bestnotstressed

Claire Warner is Founder and CEO of Purpose Driven People, a social enterprise created to champion and improve wellbeing, management skill & confidence, and workplace culture, for purpose-driven people and organisations.

Claire has worked in the nonprofit sector since 1997 and enjoyed a successful career as a Fundraising Director and Charity Senior Leader. In 2016, a career break to have surgery and treatment for breast cancer, was the catalyst for a new career.

Claire's work includes coaching, courses, consultancy and conference speaking

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Boxes with pink background should happen daily
Boxes with blue background should each happen at least once a week



sleep



HOURS

GOOD RESTLESS BAD
circle which

Morning Break

Lunch Break

Afternoon Break

loved ones

meals:

BREAKFAST

LUNCH

DINNER

Non-Negotiable Work Task

Work Task Two

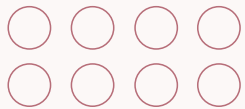
hobby / interest

Work Task Three

Colleague Check-in

exercise

water



scheduled time to deal with emails

thing that needs to be done tomorrow

laughter

reminder

PRODUCTIVITY TIMER

Non-negotiable Wellbeing Task

Important House Task

Daylight on face

rest