




RESOURCING WELL-BEING ACTIVITY





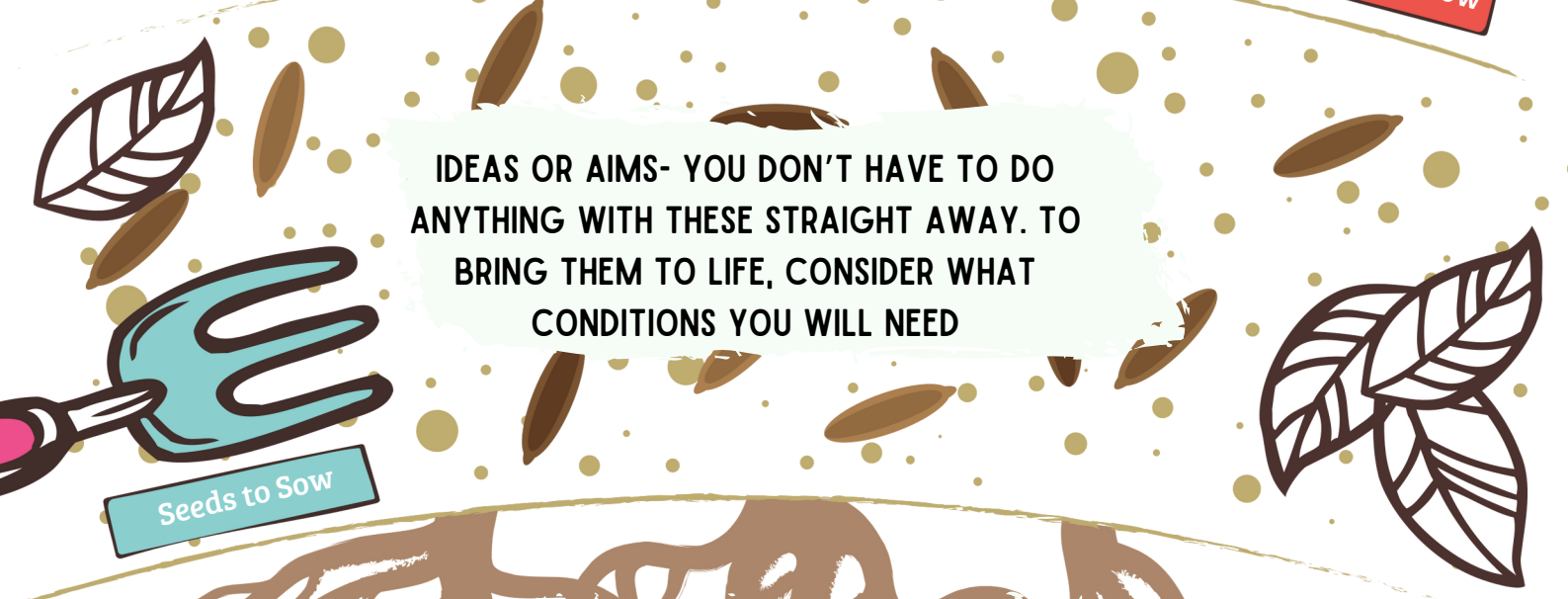
PEOPLE EXISTING OR NEEDED IN YOUR
SOCIAL OR WORK COMMUNITY FOR
WELL-BEING (NAMES OR ROLES)

Your Woodland



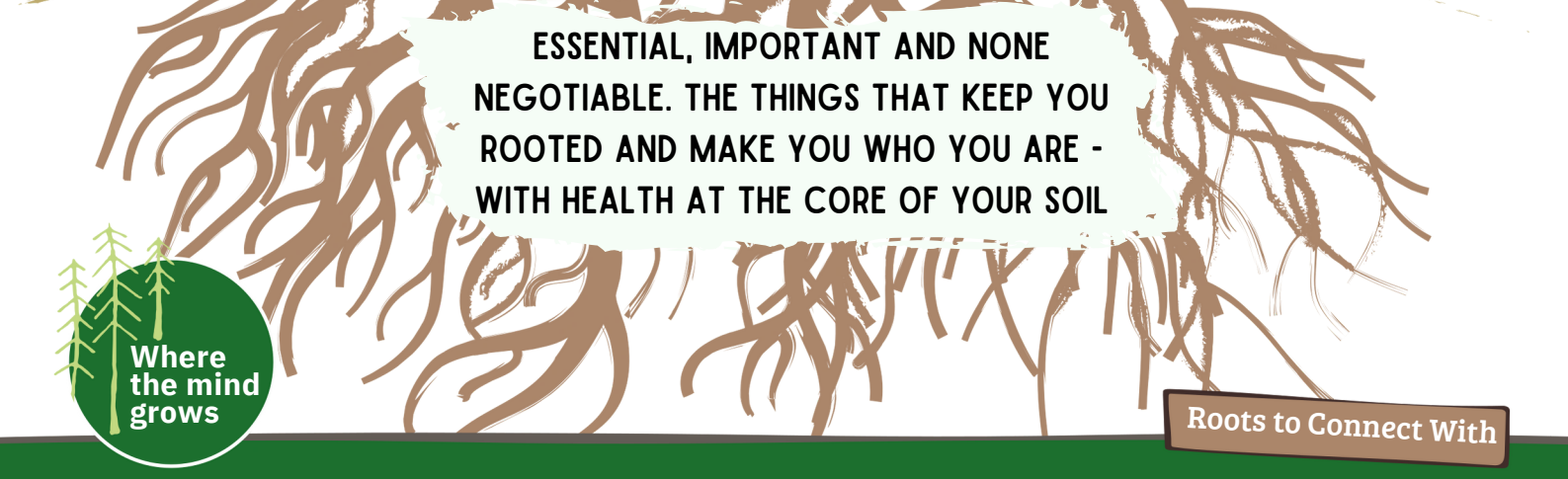
THINGS YOU CURRENTLY DO, OR HAVE THAT
SUPPORT YOUR WELL-BEING TO BLOOM.
(LIKE ANY GARDEN NEED REGULAR CARE -
CONSIDER HOW YOU CAN DO THIS)

Flowers to Grow



IDEAS OR AIMS- YOU DON'T HAVE TO DO
ANYTHING WITH THESE STRAIGHT AWAY. TO
BRING THEM TO LIFE, CONSIDER WHAT
CONDITIONS YOU WILL NEED

Seeds to Sow



ESSENTIAL, IMPORTANT AND NONE
NEGOTIABLE. THE THINGS THAT KEEP YOU
ROOTED AND MAKE YOU WHO YOU ARE -
WITH HEALTH AT THE CORE OF YOUR SOIL



Where
the mind
grows

Roots to Connect With

MAP YOUR OWN!



Your Woodland



Flowers to Grow



Seeds to Sow



Roots to Connect With



Where the mind grows