

## ***Week 2: Wellbeing writing exercise***

Clarify and reflect on own experiences

You may find it helpful to answer the following questions;

1. What do you want to achieve from taking part in Champions for health?

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For example, what health challenge have you chosen? Or what value are you striving for?

What changes do you want to make in your life and why? How will they benefit you in the short term? Long term? Will they bring benefits to others?

2. Why does your emotional wellbeing matter to you?

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For example, do you have a goal in mind? Do you want to clarify your personal values and work towards a healthier life? Do you want to reduce the stress in your life? How will they benefit you in the short term? Long term?

3. How much time can you put aside for yourself each week to practice the exercises?  
Be kind to yourself.

5 mins/ 10 mins/ 30 mins/ 1 hour per day? What's realistic?

When can you set this time aside? Be specific. How will it fit in with your day?

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