

## ✳️ WIN at WELLBEING ✳️



If you attended my **SACE ENDORSED 5 CPTD Points Wellness workshop**, you may like the reminder below.

Print it. Discuss the ideas. Support one another in gathering habits that make a difference.

**Let's take a moment to pause and check in with ourselves.**

### 🧠 WIN = What's Inside Now?

This simple, powerful question invites us to reflect on our wellbeing—spiritually, mentally, socially, emotionally, physically, financially.

👉 Give yourself a score out of 5 for each area.

5 = Fabulous! 1 = Needs a little love.

Ask yourself:

🌟 **What Is Needed** to feel and do even better in this area of my life?

💬 Do you need to:

- Call a friend?
- Listen to music or a podcast?
- Have a good cry or a good laugh?
- Shift your ABCs—Attitude, Behaviour, Commitment?
- Rest, hydrate, move, or nourish your body?
- What else?

📝 Do this:

“**What I Notice** is that when I \_\_\_\_\_, I feel \_\_\_\_\_.”

Do I like this feeling? If not, what is needed to shift it? Stuck in the suck? Shift it!

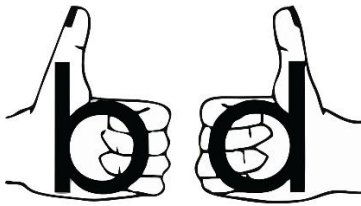
💖 Make a **JOY** list.

What lifts your spirits? What makes your heart sing?

Add one joy-spark to your day. Just one. You're worth it.

🧑🏫 As a “old” Foundation Phase teacher, I still use my hands as my #PPE reminder (remember Covid?)

**It is Practical. Positive. Easy way to self-correct!**



Start your day with a “b” for **beginning**:

- Breathe before you scroll
- Be thankful before you leap out of bed
- Begin with a smile, a stretch, or a sip of water

End your day with a “d” for **doing**:

- Download your thoughts onto paper – it’s a great **brain dump**!
- Declutter your mind
- Decide what to let go of

💡 Between our Being and Doing is our C—our **Choices**.  
And we get to choose again, every day.

Note to self: Choose wisely Renee. Every day. Moment by moment.

Let’s **DECIDE, DESIGN, and DO** our days with intention one small, doable action at a time.