

My Wellbeing Audit:

1. What is the aim of my wellbeing audit?

- Wellbeing choices and habits are described as 'automatic'.
- It means you generally make your choices day-in and day-out without giving them much thought.
- To you these choices 'feel' automatic.
- The aim of a wellbeing audit is to raise your awareness of the choices you are making.
- To record them so you can reflect on their consequences for an aspect of your wellbeing.

2. How do I conduct a wellbeing audit?

- You need to write the information listed below. Write it in a notebook, the notes section of your phone, wherever it is practical and easily accessible.
- For seven (7) days record your wellbeing choices.
- Please record the following information:
 - What time you rose and went to bed.
 - The quality of your sleep; as poor, moderate, good.
 - What you eat at all meals, including snacks and the time of eating your meals or snacks.
 - Everything you drink including water, coffee, tea, soft drink, and alcohol.
 - Your movement or lack of movement, including organized exercise (e.g., walk 45mins, bike ride 20mins, gym class 35mins) or incidental (e.g., sat for 5hrs)
 - Any symptoms you experience (e.g., bloating after lunch, constipated, fatigue in morning)
 - Please rate your energy (out of 10); 0/10 = no energy, 5/10 = moderate, 10/10 = high

3. What am I looking for when I review my wellbeing diary?

- At the end of the seven days find a quiet spot and review and reflect on your choices.
- For some keeping a diary is sufficient to trigger a change to a healthier choice.
- For others, the insights will be revealing or surprising.
- Finally, having read your diary, select one current choice you would like to change?
- In making your choices, identify the benefit that will come from making this change?
 - Example 1: Eat a healthier breakfast to avoid unhealthy snacking.
 - Example 2: Go to bed 10-10.30pm to wake more refreshed in the morning.
 - Example 3: Start a daily walk so you feel more energized and get a break from sitting.

IMPORTANT:

- Making changes may have unintended consequences for some, particularly those whose wellbeing is under challenge or who wellbeing choices to date are best described as less than healthy.
- You are strongly encouraged to discuss proposed changes with an appropriate health practitioner to ensure the change you make is tailored to your wellbeing needs, planned and safe for you.

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4. What to be aware of when I am implementing my wellbeing change?

- Change is a process, and for some change can be challenging, possibly overwhelming.
- You are strongly encouraged to identify and make only one wellbeing change at a time.
- Always begin with a small change, and with success comes more confidence for further change.
- Acknowledge it is likely that you will make mistakes along the way, and have setbacks, and know starts, and stops are common. It is important not to beat yourself up when this happens.
- If you make a mistake, stop, or experience a setback, start again as if beginning anew.

Change Process: A quick overview

Step one: I become aware of what I would like to change?

- You become aware you would like to make a habit change because you want to take advantage of a benefit, in this case improved wellbeing.
- Potential benefits may include better quality sleep, reduced bloating, less constipation, or improvement in energy.
- It may be that a health practitioner has recommended a wellbeing change.

Step two: I decide if the case is compelling to me for making the change?

- You assess the pros and cons of changing. You reflect on why you would like to make a change and why you do not wish to make a change. Look at both sides of the change proposition.
- Ensure you reflect on the implications of making the wellbeing change, what it will imply for your daily routine, what you will need to do, and how to best prepare for it.

Step three: I act on (implement) the change?

- You take action to implement the wellbeing change.
- You monitor your ability in making change. Ask yourself.
 1. What am I doing that is helpful to making change, being consistent with my change?
 2. Is there anything I am doing that is not helpful, that is making change harder?
 3. What could I do that would be more helpful in committing to my change?

Step four: I maintain the change, and embed it as a new wellbeing habit?

- To achieve permanent change, to form a habit you need to repeat the new choice.
- In the beginning, you need to invest focus, concentration, and energy. If you continue to repeat the change for a sufficient period, the choice will become your preferred choice, it will 'feel' automatic, it will become a habit.

Jan McLeod, Wellbeing, Coach, Mentor, Speaker, Nutritionist

www.madforhealth.com.au – 0421 610 146 – janm@madforhealth.com.au

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