



Creating my wellbeing with Ann-Sofie Forsmark

Reflection questions

What is a feeling I want more of in life?

(Be specific, how does it feel, when do I want to feel it)

- How happy am I with my sleep? How are my energy levels when I wake up and during the day?
- How are my exercise routines regarding to the recommended 30 minutes per day, 2 times per week, strength, exercise and intensity?
- How happy am I with the way I connect to friends, family and colleagues?
- What and who do I want more of?
- What are my hobbies? Do I feel I have time to do them more or less during a week?
- When do I take time to just let my mind wander for a little while and let thoughts come and go?
- When do I do relaxing things without focus on getting them done or perform in a certain way?
- How do I ensure I have the right conditions to really focus on tasks I do? (Can be work but also outside work)

Identify

What of the above focus areas do I feel would help me increase the feeling I want more of?

Plan

What is a change I can do within that area and how do I break it down to a small change to start with?