

# Thrive wellbeing pack



This pack is purposefully broken down into 10-minute chunks. You can lose far longer than 10 minutes of your day just scrolling through social media.

We can guarantee that most of the time seeing how wonderful everyone else's lunch was or the amazing view your mate Dave's holiday has does not make you feel great about yourself or your life.

So let's break that cycle and spend 10 minutes working on you. So before we start make sure you have your favorite hot drink and go and dig out the coloured gel pens that were in last year's Christmas stocking.



Lets look at the why for each worksheet.

Find your happiness: We can forget to notice the small things in life that really do make us happy. When we notice these small things they soon mount up to a big load of gratitude. Once you have completed this why not place it somewhere to remind you every day of things you are grateful for.

Mindfulness: This exercise is fantastic to remove anxiety, by taking the time to complete this sheet you are taking control of the thinking part of the brain and only allowing thoughts that you choose to be processed. The more time you spend being mindful the easier it will become. Being able to control your thoughts is a powerful tool that unlocks so much more of your potential.

Reflection: Being able to reflect is the quickest way to learn, reflection is a fast way to turn negative thinking into positive thinking. Not dwelling but making active thoughts to celebrate achievements or to move towards achieving great things.

Positive thinking: A positive mind will achieve so much more than a negative one. If you can visualise your successes, believe in your self then there is nothing stopping you from creating the things you visualise. See it, Believe it & Achieve it!

Be Inspired: Get those excitable juices flowing; the world is a stage give yourself a pep talk to take on the world. "You can do it" "You deserve it" Surround yourself with people and things that inspire you to be the best version of you!

Productivity: How often do we procrastinate and not do what we should be doing? Instead of giving 10 minutes of your life to Twitter spend that time planning what it is you really need to be doing. Breaking things down into small chunks makes them so much easier to achieve. Once you have completed tasks plan to give yourself a reward. Motivate yourself and find a reason to not put things off.

You can re-print these worksheets as often as you like, so go find a quiet spot and enjoy taking some time for you in as little as 10 minutes you will be feeling fantastic.

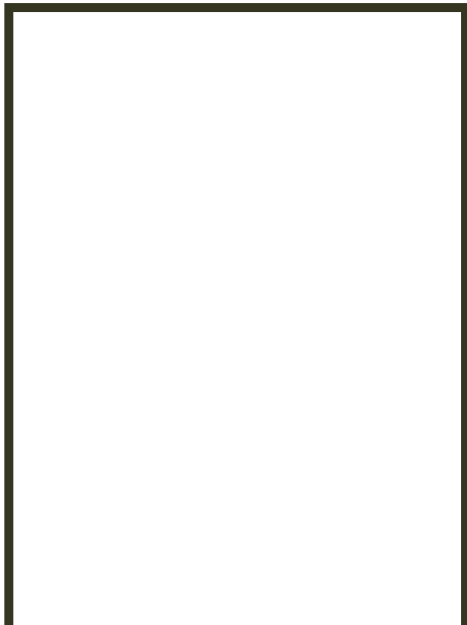
For a real wellbeing challenge, you may wish to download the app called Forest. Where you set a timer for the amount of time you will stay off your phone and for each successful challenge a virtual tree will grow. Touch your phone before the timer is complete and your tree will die.

Have fun with this, and please do let us know how you get on.

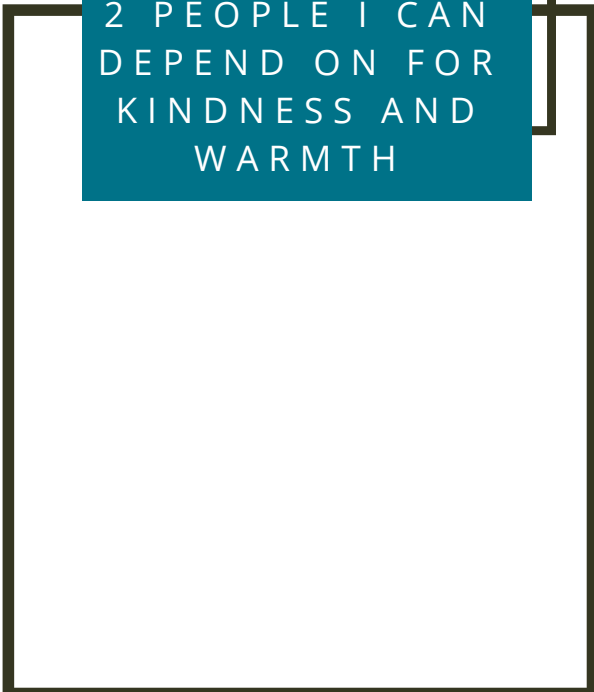
Have the most wonderful day.

# 10 minutes to find happiness

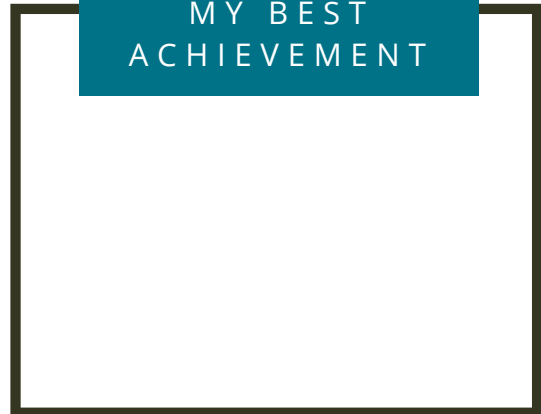
6 THINGS  
PEOPLE AND  
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ADORE



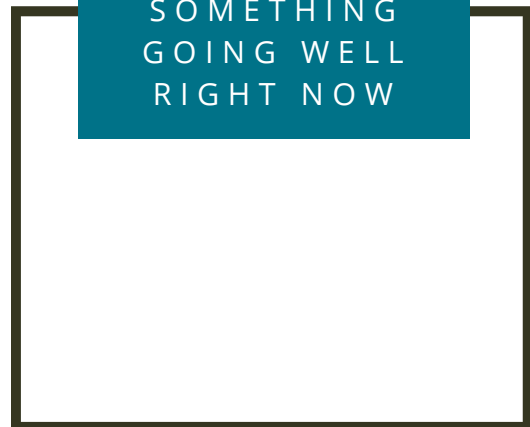
2 PEOPLE I CAN  
DEPEND ON FOR  
KINDNESS AND  
WARMTH



MY BEST  
ACHIEVEMENT



SOMETHING  
GOING WELL  
RIGHT NOW



4 THINGS I AM  
LOOKING  
FORWARD TO



# 10 minutes of mindfulness

6 THINGS I CAN  
SEE

WHAT CAN I  
HEAR

4 THINGS I CAN  
FEEL

1 THING I CAN SMELL

I HAVE A  
SPECIAL SKILL  
THAT IS  
.....

# 10 minutes of reflection

6 GOOD  
THINGS IN THE  
DAY

WHAT MADE ME  
SMILE

TODAY WAS A  
GOOD DAY  
BECAUSE

2 THINGS I WANT  
TO REMEMBER

1 THING I  
LEARNT

# 10 minutes of positivity

6 THINGS I AM  
GOOD AT

ONE THING I  
TRY HARD TO  
DO

TODAY I  
ACHEIVED

2 THINGS THAT  
HAVE GONE  
BETTER THAN I  
PLANNED

1 THING I KNOW  
I CAN DO  
BETTER THAN  
ANYONE ELSE



# 10 minutes of being inspired

6 PEOPLE WHO  
INSPIRE ME

ONE INSPIRING  
QUOTE

A MOMENT  
THAT INSPIRED  
ME

2 places to look  
for inspiration

ONE THING I  
ASPIRE TO

# 10 minutes of productivity

6 JOBS I NEED  
TO GET DONE

ONE JOB THAT  
WILL GET DONE  
TODAY

ONE THING I  
HAVE BEEN  
AVOIDING

2 PLACES I NEED  
TO SORT

ONE THING I  
NEED TO  
FINISH

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# Wellbeing to do list

EMPTY YOUR STRESS BARREL

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# HEALTHY WORKING ENVIRONMENT

- Correct lighting
- Room a good temperature
- Good ventilation
- Comfortable noise levels
- Top of screen eye level
- Comfortable screen brightness
- The monitor is at arm's length
- Keyboard correct size
- Chair adjusted with backrest
- Feet supported on the floor
- Arms parallel to the desk
- Clear workspace
- Access to freshwater
- A timer for regular breaks
- Established working hours
- Tasks are prioritised

Notes

We hope you have  
enjoyed taking  
some time for  
yourself.

Stay in touch for  
more great tips



<https://www.facebook.com/itstimetothriveUK>



<https://www.linkedin.com/company/thrive-mentalhealthandwellbeing>



<https://itstime2thrive.co.uk>