

# Wheel of Well-being

## WoW SMART Planner

An activity from Denise Svane (WoW Practitioner, Townsville)

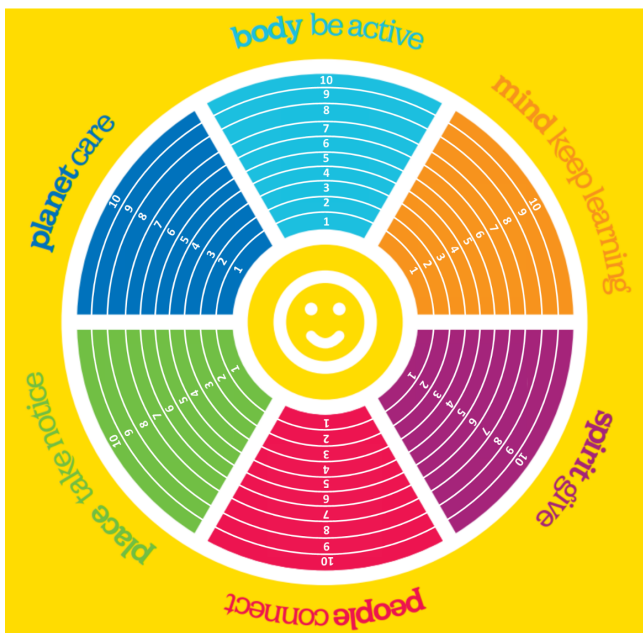


“The best way to predict the future is to create it”  
(Abraham Lincoln).

### Overview

The WoW SMART Planner aims to help you identify activities to support your wellbeing. SMART stands for specific, measurable, attainable, relevant and time-bound.

### Instructions



1. Rate your satisfaction with each domain on a scale from 1 – 10, with 10 being the best possible score.
2. Choose the domain that would be most likely to improve your wellbeing
3. Think about one small, achievable change you could make to improve your wellbeing in this domain.
4. Turn this change into a SMART goal on the WoW SMART Planner
5. Think about what might help you to achieve this goal and any barriers that might need to be addressed. Who might you be able to go to for help if you need it?

### Tips on finding the right activity

*Positive incentives - these make you more likely to stick with it:*

1. The activity feels natural.
2. You enjoy doing the activity.
3. You value the activity and will do it even if you are not enjoying it.

*Negative incentives - these make you less likely to stick with it:*

4. You feel ashamed or guilty if you do not do this.
5. You only do this because someone else wants you to do this.

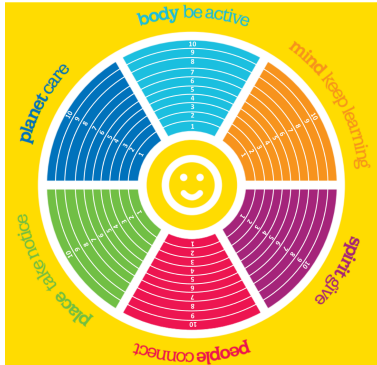
According to the [research](#) it takes an average of 66 days to make a habit, so try to keep up the activities that work for you and turn them into ‘habits of happiness’.



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### Create a SMART Goal



**Specific:** Keep your goal simple

**Measurable:** How much? How many? How will you know its been achieved?

**Achievable:** Make it something that realistic and achievable

**Relevant:** Make sure the goal is meaningful and worthwhile

**Time-bound:** Set yourself a deadline for achieving this goal

My goal is:	
What will I do?	
When?	
Where?	
How often?	
Are their any barriers?	
Who can help me with my goal?	

More information about SMART goals is available at  
<https://www.mindtools.com/pages/article/smart-goals.htm>



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