

BEING MORE MINDFUL

YOUR WELLBEING JOURNEY



POINT 3



“I think we like to complicate things when it is really quite simple; find what it is that makes you happy and who it is that makes you happy and you’re set. Promise.”

— Author Unknown

Hello and welcome to your Being More Mindful journey - it’s great to have you on board!

At POINT3 our mission is to help you stress less and smile more - to support your overall wellbeing so that you can be happier, healthier and thriving day-to-day. We know what it’s like to work in high-pressure environments, but we also know that balance can be found with the right awareness, tools and commitment to our own personal wellbeing needs.

With this in mind, we have created this 12 week programme, where we hope to inspire you to be **better today than yesterday, better tomorrow than today**, whilst enjoying the journey and process each and every day - (knowing that not every day will go according to plan!).

For more information/resources please head to point3wellbeing.com/12weeks or drop us a message to be_well@point3wellbeing.com

Thank you for joining us - we hope you enjoy the journey...

BEING MORE MINDFUL

Why Today?

It's often said that "future you" is a better version of you than "present you". That is, "future you" will have good intentions of starting that diet on Monday, going to the gym class on Saturday morning or attending that workshop next week. But when it comes to the moment, "present you" may be too busy, lack the motivation or simply forget. Today, you are being gifted the time and space to think about your wellbeing - and this gives you the opportunity - and the choice - to elevate it as a priority in your life. First things first, give a pat on the back to "present you" for showing up today!

Why Wellbeing?

Our wellbeing - how we feel physically, mentally and emotionally - will inevitably impact every area of our lives. Our relationships, parenting, work, sleep, social lives, sense of purpose (and the list goes on)... will all be impacted - positively or negatively - by the state of our wellbeing (and vice versa). There are so many things in our modern, hectic world that we can't control. But what we can do our best to control, are our non-negotiable wellbeing needs. We believe this is central to us living happy, healthy and thriving lives.

Why 12 Weeks?

It is widely thought that it takes 21 days to form a new habit. However, scientific studies indicate that it takes a minimum of 21 days to create a habit, but on average between 60 to 90 days (roughly 12 weeks) to turn that habit into a lifestyle. Knowing this can help set us up for success when it comes to our wellbeing goal-setting.

ABOUT YOU

Name:

Start Date:

Perceived level of stress

(out of 10)

Perceived level of happiness

(out of 10)

3 words to describe me today:

BEING MORE MINDFUL JOURNAL

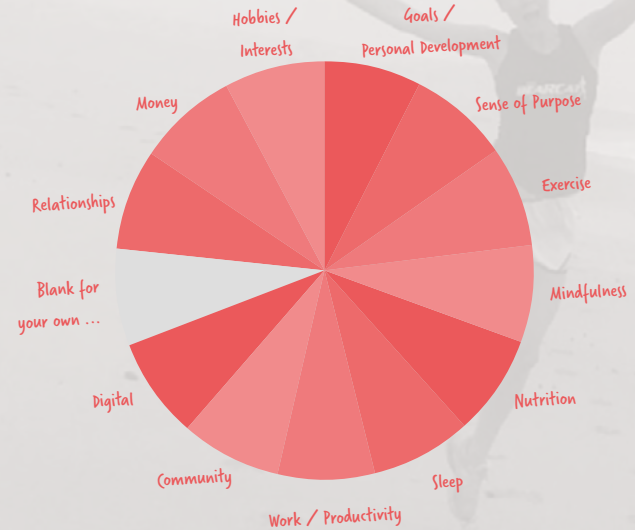
Use the following tools and pages to help plan and prioritise the activity that will positively enhance your wellbeing over the next 12 weeks. Try living by our philosophy of being "better today than yesterday, better tomorrow than today - (knowing it won't always go according to plan)."

You'll have good days. You'll have not such good days, but by planning day by day you will be more conscious, more aware and in turn, being more mindful...

FOR MORE INFORMATION AND RESOURCES HEAD TO

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Finding a work-life balance is becoming increasingly elusive and harder than ever to control. However, what we can control - and take personal responsibility for - are our own wellbeing needs that will in turn allow us to find our own sense of balance.



Our Wellbeing Wheel includes many elements of our wellbeing that may impact - either positively or negatively - our overall sense of wellness. This list is not exhaustive, but will help you to start to consider areas of your life that may well be influencing your personal wellbeing.

WELLBEING WEB

We use this Wellbeing Web to help us identify any areas of our lives that may be out of balance - giving us in turn the awareness and choice to elevate these as wellbeing priorities.

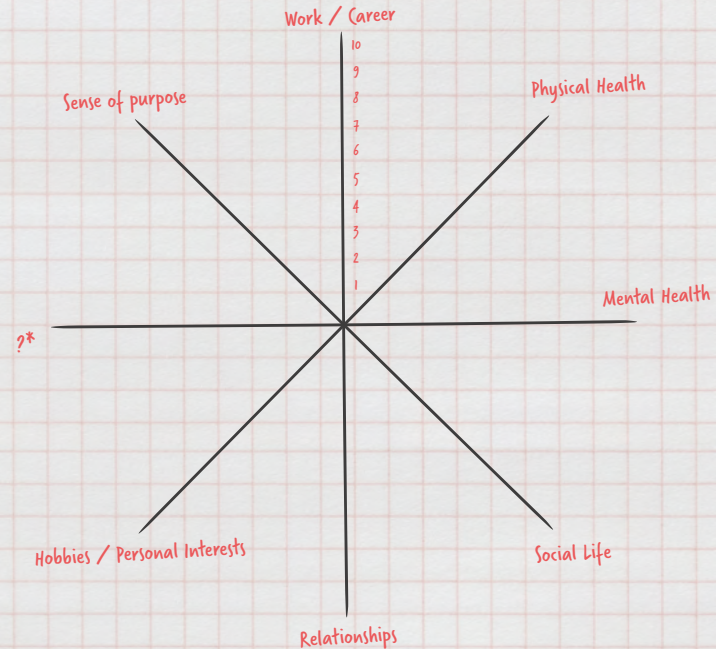
Simply plot on the web your perceived level of "health" for each pillar (10 being high), connect the dots and notice the shape of your web and any pillars that may be in need of your attention (either to dial up or down).

NB: Our web includes universally recognised wellbeing pillars, but there may be others that feel more relevant to you. Please use our web as is, or as a guide to build your own.

You may want to use this as a regular check-in tool or at a point when your balance feels "off" to help guide you towards solutions.

REMEMBER

We live in a constantly changing, always evolving world and this means your areas of wellbeing may flex-up or down, making this a powerful tool to understand where you may need to place your attention at any given point in time.



*include an area of current importance to you e.g. nutrition, sleep, personal development.

WELLBEING PILLARS

At the start of the programme it's useful for you to reflect on the things that help you to maintain your personal wellbeing - whether that is reading a book, spending time in nature or having quality time with your family.

We refer to these as our Wellbeing Pillars - the important things in our lives that prop us up and keep us balanced during everyday life and all it throws our way.

Our personal wellbeing pillars may spring from areas of our wellbeing including physical health, mental health, relationships, hobbies + interests, personal development, career + finance and our community.

HERE AT POINT3 WE DEFINE WELLBEING AS:

"A state of flow where you're happy, healthy and thriving, and able to cope with all that life throws at you."

Below list a minimum of three positive, healthy things that complete this sentence:

"I reckon I can cope with whatever life throws at me so long as I..."

With each example be specific about the quantity and frequency of the activity required for you to support your personal wellbeing.

1 E.g. Walk 10,000 steps every day / regularly get 8 hours sleep a night / spend 1 evening a week with my friends

2

3

Please keep your wellbeing pillars front of mind throughout the 12 week programme. Creating space and time for the things that make you feel good is fundamental to your overall sense of wellbeing and will help to set you up for success.

FIND YOUR “WHY”

Over the course of the next 12 weeks we want to support you to be more mindful about your wellbeing. But let's first focus on your 'why'. Why do you want to do this? Why is this something that you feel you need to start?

Without understanding your 'why' it can be hard to maintain motivation - particularly when the going gets tough.

Please listen to our short “Why Finder” audio script. This will allow you some time for self-reflection, help to unlock your why and maybe even give you an unexpected “a-ha” moment that will play a key role in driving you forward throughout the next 12 weeks.

We also highly recommend that you listen to our “Mind Tuning” audio script as often as you like - once a day is recommended - to help cement your motivation (and get some mindful minutes in!). Our Mind Tuning script helps you to visualise yourself achieving your goals - a highly powerful technique that has long been used by (amongst others) pro-athletes, artists and business leaders. The Why Finder and Mind Tuning scripts can be found at point3wellbeing.com/12weeks

MY WELLBEING GOAL

My goal is...

Why I'm doing this...

SETTING YOURSELF UP FOR SUCCESS

By writing down your goal you are 50% more likely to achieve it. Tell another person and this increases to 75%. Plan to succeed by sharing your intention with those closest to you.

Week 1 insert w/c date

Start of the Week

My goal for this week:

What's happening this week to help me achieve this?

What might get in the way this week?

I'll end the week satisfied if:

End of the week

My general feeling this week was:

I'm grateful for:

We all have busy lives, use the planner at the start of the week to set-aside time to prioritise your wellbeing

GOAL-SETTING FOR SUCCESS

Setting goals or intentions shouldn't just be for a new year. Setting goals feeds our sense of purpose, and gives us focus, and something to aim for in life. This can be so good for our overall wellbeing - if the goals we set are aligned to our values, positive and ultimately achievable, with the right plan in place.

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Week 2

Start of the Week

My goal for this week:

What's happening this week to help me achieve this?

What might get in the way this week?

I'll end the week satisfied if:

End of the week

My general feeling this week was:

I'm grateful for:

REMEMBERING YOUR WHY

We know not every day goes according to plan. There will be days and weeks where life throws us unexpected challenges. This is part of life - it's how we choose to respond that counts and helps to build our grit and resilience. If things don't go to plan with your programme, that's OK. Remember why you're on this journey and make the choice to stick with it.

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Week 3

Start of the Week

My goal for this week:

What's happening this week to help me achieve this?

What might get in the way this week?

I'll end the week satisfied if:

End of the week

My general feeling this week was:

I'm grateful for:

EVERY STEP COUNTS

We were designed to move, but life has removed the need to move! Walking little and often has many benefits. Make a conscious decision to build more movement into your day. Build up your movement by increasing the steps you take. Ditch the car, get off the bus earlier, take the stairs and go collect that newspaper!

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Week 4

Start of the Week

My goal for this week:

What's happening this week to help me achieve this?

What might get in the way this week?

I'll end the week satisfied if:

End of the week

My general feeling this week was:

I'm grateful for:

EVERY BREATH COUNTS

It is possible to move the body from the "Fight or Flight" state to the opposite state "Rest and Digest" with as little as 60 seconds of mindful breathing. Count how many breaths you do in 60 seconds and use this as a guide to help bring about moments of calm whenever you need them.

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Week 5

Start of the Week

My goal for this week:

What's happening this week to help me achieve this?

What might get in the way this week?

I'll end the week satisfied if:

End of the week

My general feeling this week was:

I'm grateful for:

FOOD FOR THOUGHT

Up to 90% of serotonin - the "happy chemical" is produced in the gut. Try to minimise the amount of processed foods in your diet and keep your natural food choices varied and colourful. Feed the tummy right and it will help to keep your head happy.

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Week 6

Start of the Week

My goal for this week:

What's happening this week to help me achieve this?

What might get in the way this week?

I'll end the week satisfied if:

End of the week

My general feeling this week was:

I'm grateful for:

SLEEP BETTER, REST MORE

A good night's sleep starts from the moment you wake up. Think about how you can bring moments of rest to your day. Did you know those clever people at NASA have worked out that the optimum nap time is 26 minutes - this has been proven to increase alertness by 54% and performance by 34%. What better excuse do you need for a nap?!

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Week 7

Start of the Week

My goal for this week:

What's happening this week to help me achieve this?

What might get in the way this week?

I'll end the week satisfied if:

End of the week

My general feeling this week was:

I'm grateful for:

52 MINUTES + COUNTING

It has been proven that the most productive people work for no more than 52 minutes before moving. Set a timer then jump to your feet, make a cuppa, do a plank, move your body, awaken your mind and improve your performance.

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Week 8

Start of the Week

My goal for this week:

What's happening this week to help me achieve this?

What might get in the way this week?

I'll end the week satisfied if:

End of the week

My general feeling this week was:

I'm grateful for:

COMMUNITY MATTERS

Research suggests that individuals who feel a sense of security, belonging and trust in their community have better health. Take time this week to connect with others and reach out to that person you've been meaning to for a while. Perhaps you could inspire one person to join you on your wellbeing journey...?

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Week 9

Start of the Week

My goal for this week:

What's happening this week to help me achieve this?

What might get in the way this week?

I'll end the week satisfied if:

End of the week

My general feeling this week was:

I'm grateful for:

MEANINGFUL TECH CONNECTIONS

Digital distraction has become so prevalent in modern day life that we might want to reflect on how positive versus negative that powerful device in our pocket is. Maybe don't throw the phone away just yet, but consider setting daily limits on app usage and allowing at least 30 minutes of no-screen activity before bed to help create head space for other things (including a good night's sleep!).

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Week 10

Start of the Week

My goal for this week:

What's happening this week to help me achieve this?

What might get in the way this week?

I'll end the week satisfied if:

End of the week

My general feeling this week was:

I'm grateful for:

FRIENDS AND FAMILY

When you are with your friends and family, really be with them. Remove the distractions and enjoy that time you have with them, being present and your full self.

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Week 11

Start of the Week

My goal for this week:

What's happening this week to help me achieve this?

What might get in the way this week?

I'll end the week satisfied if:

End of the week

My general feeling this week was:

I'm grateful for:

MONEY MATTERS

Money can't buy you happiness - but how you spend your money can. Studies show us that spending money on experiences, time with loved ones and ultimately "memories" that feed our passions and interests, will leave us with a lasting happiness legacy. Invest wisely!

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Week 12

Start of the Week

My goal for this week:

What's happening this week to help me achieve this?

What might get in the way this week?

I'll end the week satisfied if:

End of the week

My general feeling this week was:

I'm grateful for:

THRIVE NOT SURVIVE

Rock climb, go to a talk, take a new route into work. Broaden your horizon, open your mind and step out of your comfort zone. Surprise yourself and see how good it can make you feel...

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Thank you for
being more mindful
with us - we hope
you have enjoyed
the last 12 weeks
and feel inspired
to continue your
wellbeing journey.

Now you have completed
your 12 week programme,
take a moment to reflect
on your experience and
how you are feeling now
compared to 12 weeks ago.

TIME TO REFLECT

Name:

Start Date:

Perceived level of stress

(out of 10)

Perceived level of happiness

(out of 10)

3 words to describe me today:

What have I learnt and what can I celebrate?

What's next for me?



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BE WELL. BE HAPPY. BE YOU...