

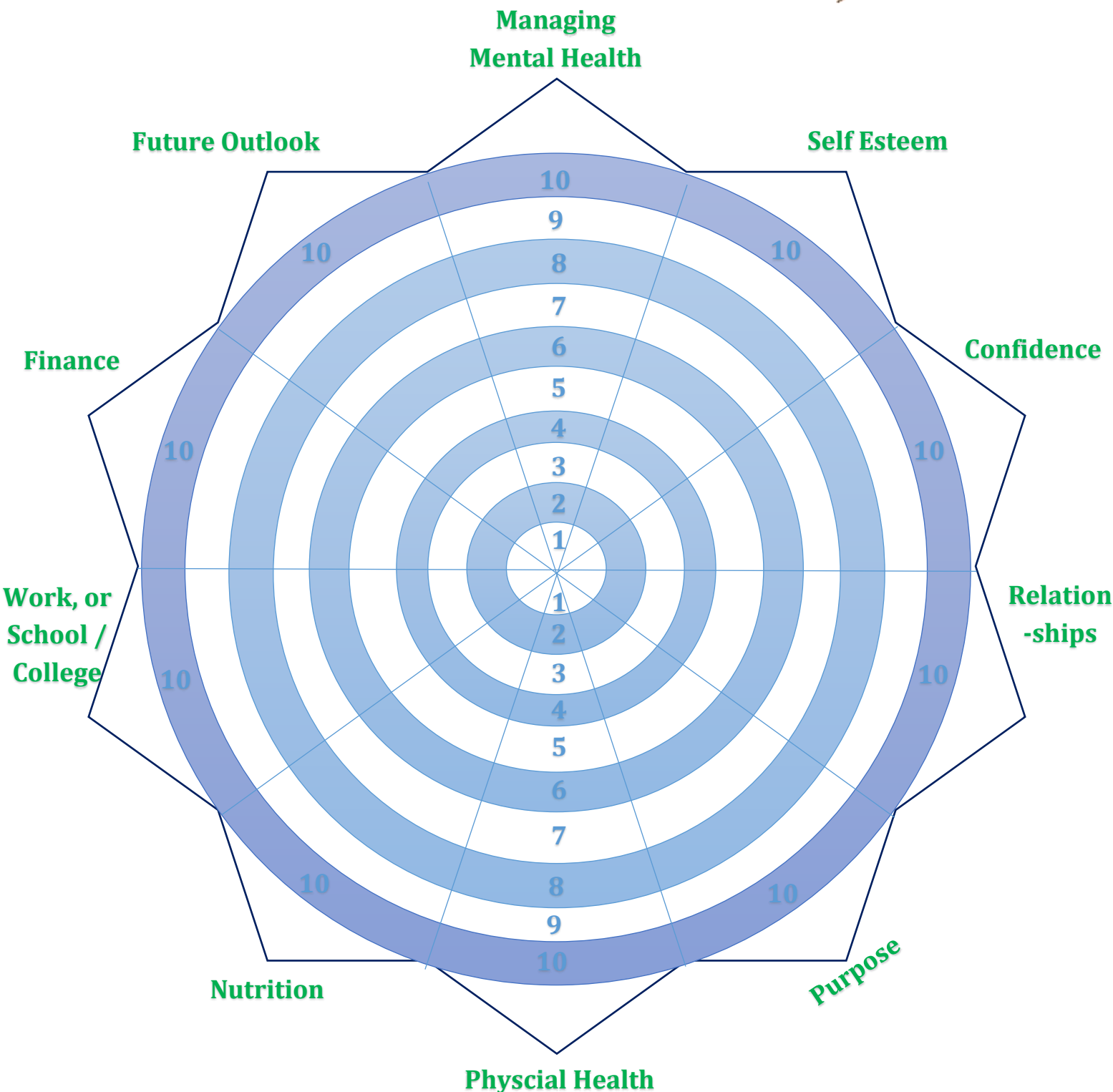
Wellbeing Star

To begin this journey, we would like to find out where you are now. Therefore, could you please complete our wellbeing star. In each area section 10 represents positive with 1 indicating that you are struggling. This will help identify areas of growth and track progress as you will revisit this later in your journey.

Initial Completion Date: _____

Using a different colour pen, please now track your current perception.

End Completion Date: _____



	Referral Pathway	Referral notes
Mental Health	Samaritans Therapy for You	
Self-esteem		
Confidence		
Motivations / Goals		
Social Activities	Meetups.com Library PTA	
Relationships	Relate	
Physical Health	Gyms Walks Provide Active Essex	
Body Image	Dove	
Relaxation	Yoga Meditation Relax & Reboot	
Career	DWP Advice Store	
Finances	Peabody	
Future		