www.WellbeingTrackers.com

Wellbeing is your natural state.

Highest Possibilities Tracker

Name: _____ Date: _____

As you experience higher degrees of your potential you will know increasing levels of health, energy, inspiration, love, fulfilment, joy, calmness and success.

Thinking back over the day/week/month, how well did you do at experiencing the highest possibilities for you mind, emotions, energies and body.

	Not so good	OK	Good	Great	Exceptional		
Mind	0	1	2	3	4		
Emotions	0	1	2	3	4		
Body	0	1	2	3	4		
Energies	0	1	2	3	4		Total Score

Suggestions:

- ✓ Your mind has many aspects. All of which can be enhanced.
- ✓ Your emotions can always become more vibrant, profound and life-affirming.
- ✓ You may wish to think of your energies as how energised and alive you feel.
- ✓ Of your four systems - mind, body, emotions and energy systems - it is your energy system that powers everything.
- ✓ Taking on daily activities to enhance your energetic and physical wellbeing will have a remarkable effect on your mind and emotions.

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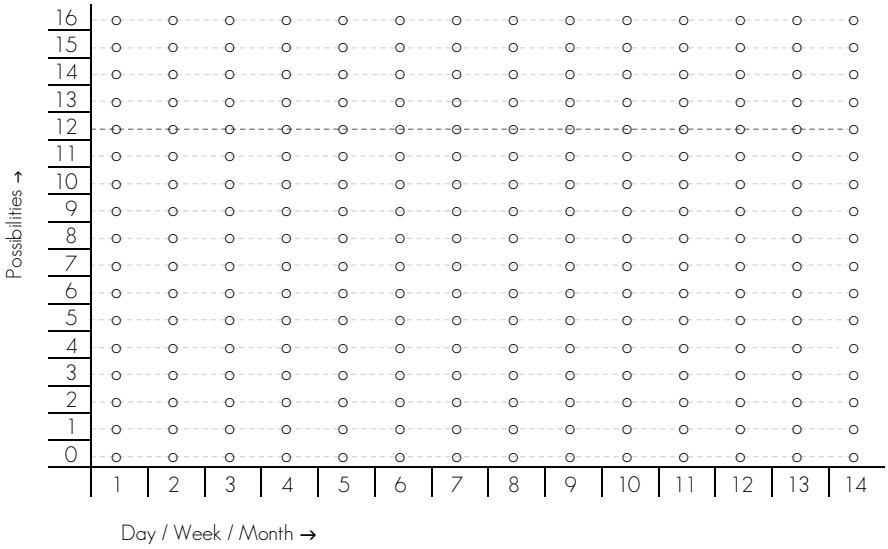
Highest Possibilities Tracker

Name: _____

Start Date: _____



Experience wellbeing every day.

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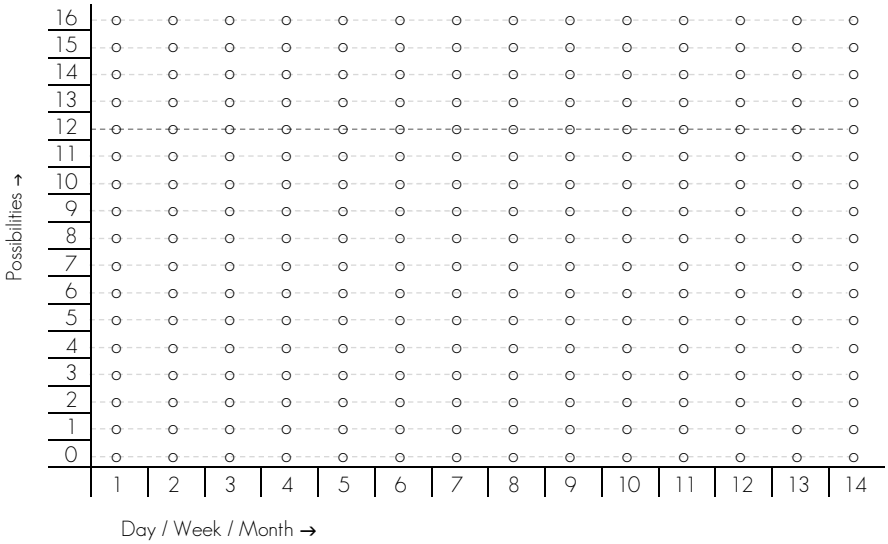
Wellbeing is your natural state.

Highest Possibilities Team Tracker

Team: _____

Start Date: _____



Consult as a team and think of a small, practical step you can take to improve your team score.

Energy, Awareness. Focus.

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IMPORTANT INFORMATION

Read this page before using this Tracker.

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Instructions

Step 1: Answer the questions on the Tracker.
Step 2: Add up your total score.
Step 3: Plot your total score on the chart.
Step 4: Reflect on your progress regularly and think of a small, practical step you can take to improve your score.

Consider sharing and discussing your Tracker with friends and family.

Consider using the Tracker as a part of a Wellbeing Team.

Tips

1. If you feel your score is in between two of the options then place a mark between them and score it as a half point. For example, if you feel the choice that best describes your experience is in between "Good" and "Great" then put a mark between them and score it as "2.5".
2. The most important thing is that whatever way you use this Tracker, or any of the Wellbeing and Recovery Trackers, use it in a way that feels right to you – that's the key!
3. When you are doing well on this Tracker considering moving on the another one so you can develop all the aspects of your wellbeing.

Instructions for Team Trackers

Step 1: Add up the team's total scores. Calculate the average by dividing this number by the number of members of the team.

Step 2: Plot the average on the chart and reflect on your progress as a Wellbeing Team. If the team feels it would be helpful you can also chart the highest and lowest scores as well as the average.

Step 3: Consult as a team and come up with ideas to improve the score on the chart by one point.

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Wellbeing and Recovery Trackers

Empowering Communities. Creating Wellbeing.

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