Self-Tracking Workbook

How to use self-tracking tools.

Step 1: Choose a self-tracking tool you feel would be helpful.

Step 2: Answer the questions on the tool.

Step 3: Add up your total score.

Step 4: Plot your total score on the chart.

Step 5: Reflect on your progress and think of a small, practical step you can take to improve your score.

Step 6: Repeat steps 2-5 each week (or what timeframe you feel would be the best fit for you).

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Tips for using self-tracking recovery tools.

- ✓ Consider discussing your the tool with supportive friends and family.

- ✓ Consider using the tool as a part of a team.

- ✓ Focus on increasing the strengths, supports and resources you are connecting with that will help you with your wellbeing goals. This is called building your wellbeing capital.

- ✓ Whatever way you use self-tracking tools the important thing is to use it in a way that feels right to you.

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