www.WellbeingTrackers.com

Wellbeing is your natural state.

Experience Tracker

(extended version)

Name: _____ Date: _____

Tick the box that best describes you experience as a _____.

	Never	Rarely	Sometimes	Often	Always	
You feel informed.	0	1	2	3	4	
You feel happy.	0	1	2	3	4	
You feel trusted.	0	1	2	3	4	
You feel valued.	0	1	2	3	4	
You feel cared about.	0	1	2	3	4	
You feel safe.	0	1	2	3	4	
You feel energised.	0	1	2	3	4	
You feel frustrated.	4	3	2	1	0	R
You feel disappointed.	4	3	2	1	0	R
You feel stressed.	4	3	2	1	0	R
You feel unhappy.	4	3	2	1	0	R
You feel hurried.	4	3	2	1	0	R

Total Score

Experience wellbeing every day.

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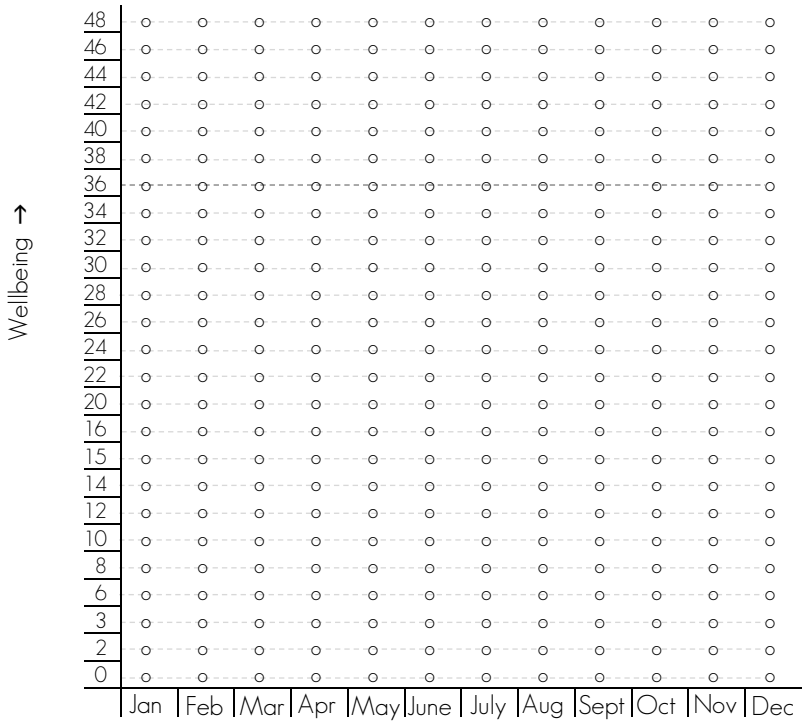
Experience Tracker

(extended version)

Name: _____

Start Date: _____



Feedback is a safe conversation about something important.

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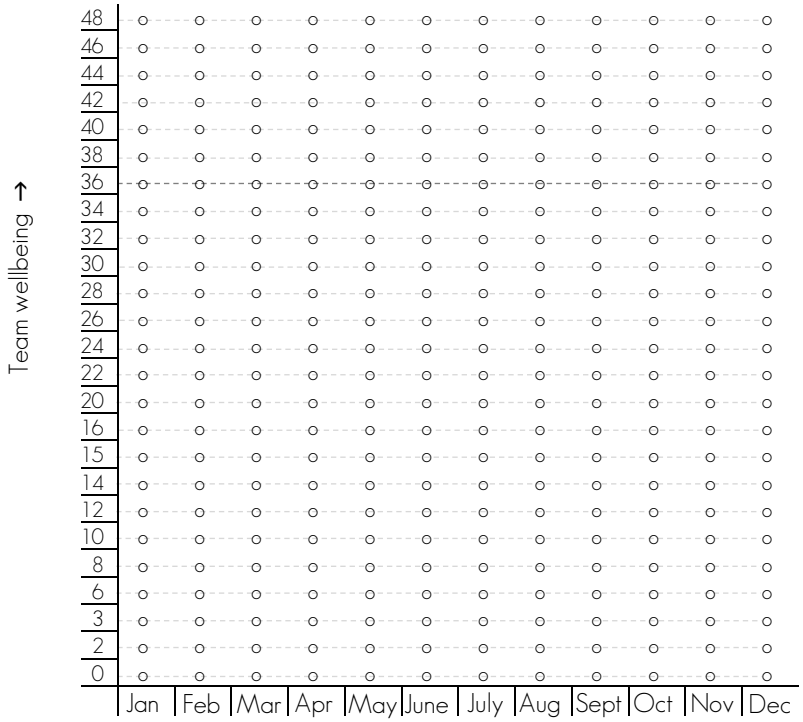
Wellbeing is your natural state.

Experience Team Tracker

Team: _____

Start Date: _____



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

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IMPORTANT INFORMATION

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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.

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 "Sometimes" and "Often" 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 use it in a way that feels good to everyone involved – 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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