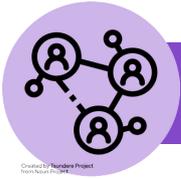




MY WELL-BEING ACTION PLAN



Follow the instructions in the  activities and write down your results here to create your own personal well-being Action Plan.



MODULE: The Social Dimension of Well-being

> Your Well-being Map

> Methodological Choices

1
2
3

> Optimize Your Well-being Map

Take notes on what you could optimize and how:

