



BRIGHT MINDS

Daily Wellbeing Planner

How to use me?

We at Bright Minds believe that our minds deserve to be given the same amount of attention and time as we give to our physical bodies. If we manage to find time to work on our bodies, why not find time to work on our minds?

In this booklet, we will focus on what we can do to improve our wellbeing with printable weekly planners which you can always re-print once you have completed it and make changes as your goals or mood change. We want you to use this space to focus on thinking about what you would like to do more in your day to day life, what is missing from it and how can you enrich your life with those activities.

This booklet is focuses on thinking about how to live your life within your values. We want you to use this space to think about what has previously stopped you from achieving the goals you want and also how that can affect your wellbeing.

We hope you enjoy the booklet and find it helpful. Time to start the journey!

Identifying values

Before we start thinking about what you want to add into our life, let's think about what your core values are. What is important to you? What do you feel like gives your life a purpose?

We want to think about values because we want to set goals which are meaningful to us and are in line with what we truly care about. This will lead to having a fulfilling, curious, passionate and enjoyable life where we enjoy the journey to our goal rather than living from goal to goal which we know can be unhelpful.

When we live a life where we're focused only on the destination and not the journey, we lose out on enjoying each day as it is. We become so consumed by the end goal that once we reach it, we forget about why we want it and start chasing another goal.

However, when we're thinking of enriching our life by living within our values, we start appreciating both the journey and the destination arrival.

On the next page you will find a list of core values and without thinking much, identify which one's are the closest to your heart and resonate with you.

There is no minimum or maximum of how many will resonate with you. Some will feel more natural to you and it will be easier to identify them, but do spend some time thinking if there are any on the list that are important to you even if you feel like they're not represented in your life currently.

Identifying values

Acceptance	Fun	Quality
Authenticity	Fidelity	Recognition
Achievement	Generosity	Religion
Adventure	Growth	Reputation
Authority	Happiness	Respect
Autonomy	Honesty	Responsibility
Balance	Humour	Risk
Beauty	Influence	Satisfaction
Boldness	Inner Harmony	Security
Bravery	Justice	Self-Respect
Calm	Kindness	Service
Compassion	Knowledge	Spirituality
Challenge	Leadership	Stability
Charity	Learning	Success Status
Cleanliness	Liberty	Talent
Citizenship	Love	Teamwork
Community	Loyalty	Thankful
Competency	Meaningful	Trustworthiness
Contribution	Work	Uniqueness
Creativity	Openness	Vision
Curiosity	Optimism	Wealth
Determination	Passion	Wisdom
Fairness	Peace	Wonder
Family	Pleasure	
Faith	Poise	
Fame	Power	
Friendships	Popularity	

Identifying values

Once you have identified your values, think about how consistent you have been in the last few weeks at staying in line with your values.

You can use the space below to reflect on which values are presented in your life and identify how they are presented with actions, as well as which values aren't.

Values which are presented in my actions:



Values which are not presented in my actions:

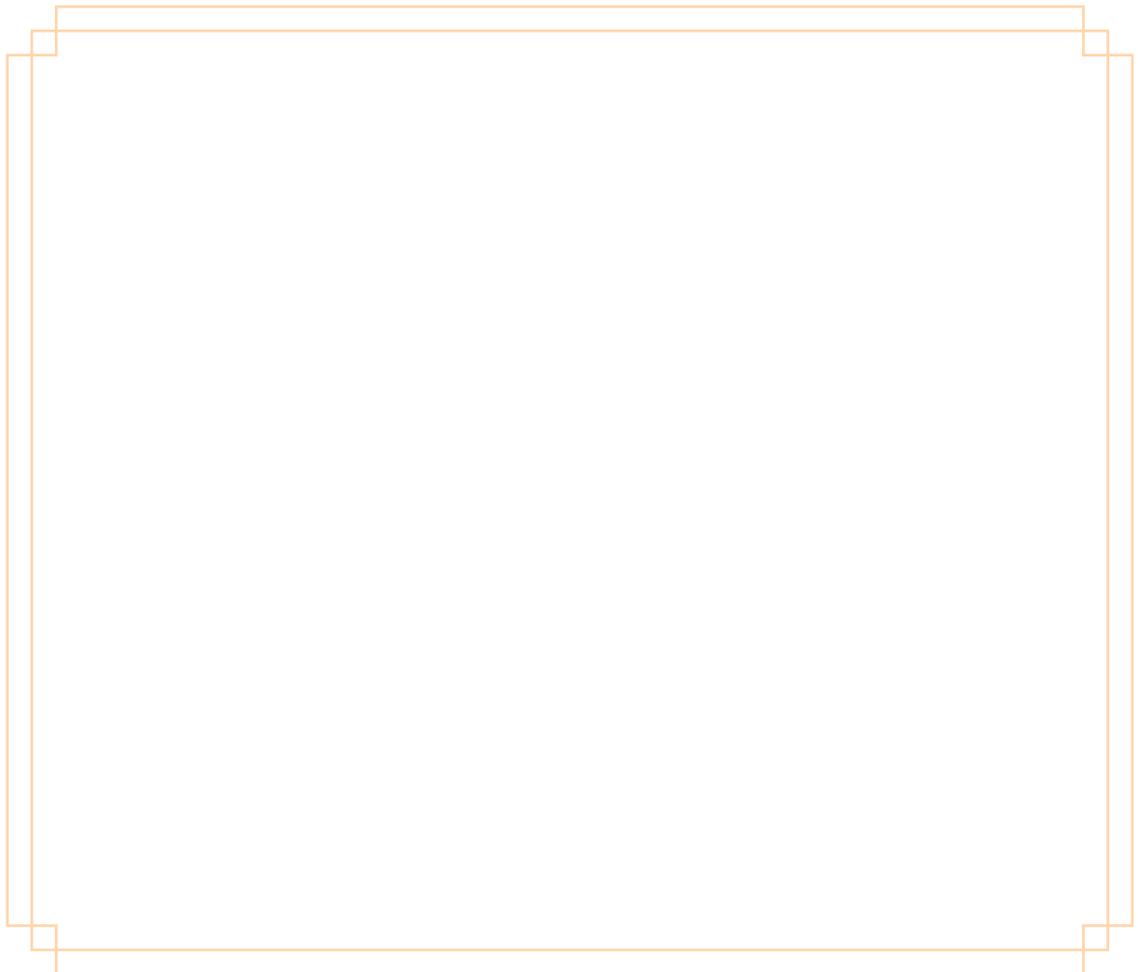


Identifying values

When you have identified your core values and thought about how much you're living your life in line with your values, it is time to focus on how to create more meaningful activities in your life.

We want you to combine all the information you have learnt about yourself and use it to think about what activities would help you be more authentic and aware of your needs.

Use the space below to draw, write, highlight, scribble, bullet point or whatever works best for you and let your ideas and goals come to life.



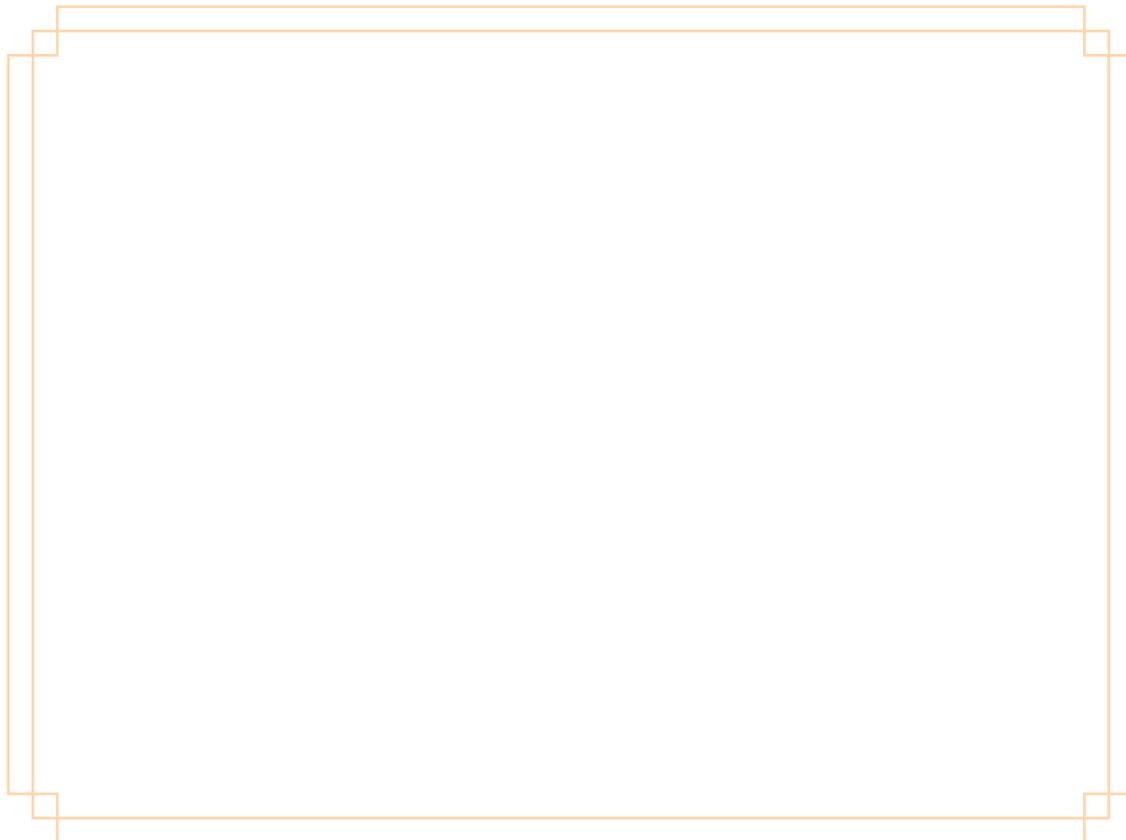
Value-based activities

Following on from the previous exercise where you were encouraged to visualise your desires and needs, we want to think about how you get there.

When focusing on values, we want to start adding value-based activities in our daily lives and at times it can be helpful by setting behavioural goals which you can then create a plan of action for.

When thinking about goals, focus on behavioural changes rather than what would you like to feel like. Behavioural goals can at times be more helpful as we can have a clearer idea of where we're trying to go whereas achieving a certain feeling will depend on a lot of different factors and will be changeable depending on the circumstances.

Set your behavioural changes below. We would recommend a minimum of 2 and maximum of 4.



Value-based activities

When thinking about goals and how to action them, we will use the SMART goals technique.

SMART goals are set to help with accomplishing goals with a specific, measurable, relatable, achievable and time-framed action plan.

Using the behavioural goals set in the previous exercise, try to notice if there is anything that can be changed.

Some points to be taken into consideration are:

1. **Make sure your goals are achievable.** Often when we feel motivated, we might set very high goals which when not achieved can feel disheartening.
2. **Think about the goals - what do they mean to you and how important would the journey be to obtain them?**
3. **Explore what would help you achieve the goal? Is there anyone who could support you? What past experiences do you have? What are your unique characteristics that will help?**
4. **Be aware of how much time and space you have for this goal. This can help ensure that the goal is achievable for you.**

Value-based activities

Use the space below to write your SMART goals.

SMART goal:

S-

M-

A-

R-

T-

SMART goal:

S-

M-

A-

R-

T-

Value-based activities

Once your goals have been set, we want to plan a set time a day/week to complete the goals or to work on them. When setting time aside and planning in activities, it can be helpful to be as specific as possible as it can encourage stronger motivation.

Firstly, if we have a specific time planned in (eg. Monday at 13:00) we can prepare for the task and reduce the likelihood of something coming up during that time.

Secondly, we're prioritising our goals which increases the importance of completing them, thus giving us a bigger sense of accomplishment once they're complete.

Lastly, when we set time aside, we can motivate ourselves to do it, even if we don't feel like it. Often when we feel like we're lacking in motivation, we will delay things and hope to do things based on our inner feelings. However, we want to follow the "Outside In" approach which encourages us to create the motivation by doing things rather than the other way around.

Diary

Date & Times	Activity planned

End of week reflections

Once you have set your goals, it is important to have space and time to reflect on how your goal setting attempt went.

Use the space below to answer some of the questions we recommend or just write how you feel yourself.

1. How do you feel after this week?
2. Have you done something you're proud of and what it is?
3. What could have been different?
4. How can you use this new knowledge for next weeks planning?



Daily wellbeing activities

This part of the booklet focuses on practicing short but impactful mindfulness exercises and a gratitude activity.

The aim of practising mindfulness is to allow ourselves to be brought into the present and experience what's happening in the current moment. Often we can find ourselves thinking about the past or future, which can take away the sense of presence and the feeling of being grounded.

Similarly with our gratitude exercise, we want to encourage you to focus on the things that you were thankful for during the day you completed the activity. Often we focus solely on the "big" events in our life and forget the everyday circumstances which are just as fulfilling.

We would recommend using these exercises at your own pace - when you feel like it's the right time for you. We also encourage you to try all of them and to personalise them to your own experiences and preferences.

5 Minute mindfulness

All of these mindfulness activities are no more than 5 minutes as we know it can be hard to find time for yourself every day. But we believe just 5 minutes is incredibly beneficial. We would also encourage you to spend some time afterwards to reflect on how you found the exercise.

There are many resources online and in apps that provide longer mindfulness activities should you have the time (see resources section).

Exercise 1 - Grounding exercise

Time: 2 minutes

Within these 2 minutes think of

5 things you can see

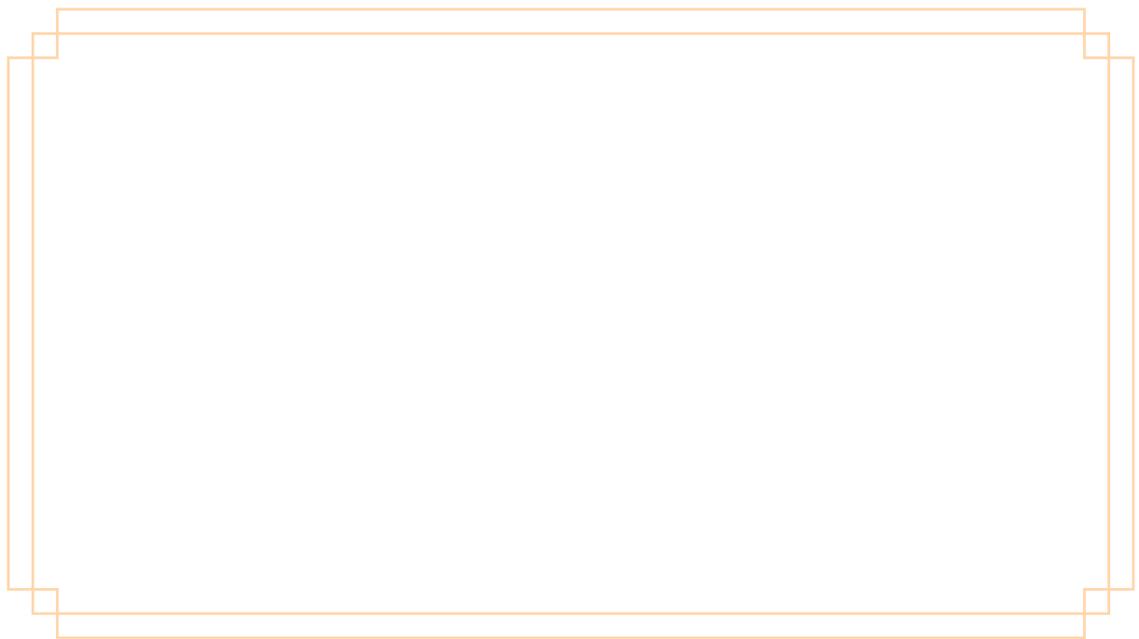
4 things you can hear

3 things you can smell

2 things you can touch

1 thing you can taste

Write these things down and use space below to reflect on how you found this exercise.



5 Minute mindfulness

Exercise 2 – Mindful breathing

Time: 2 - 5 minutes

Use your fingers to guide your breathing. Slowly, with your index finger trace your thumb on the opposite hand. When tracing up breathe in, when tracing down breathe out. Do this for every finger. Then do this using the opposite thumb/hand.



Exercise 3 – Mindful Walking

Time: 5 - 10 minutes

Start by taking a natural speed and stance in your walk. With each step, pay attention to the lifting and falling of your foot. Notice movement in your legs and the rest of your body. Notice any shifting of your body from side to side. Whatever else captures your attention, come back to the sensation of walking. Your mind will wander, so without frustration, guide it back again as many times as you need. Notice sounds, scents, and the feeling of your feet touching the ground.



5 Minute mindfulness

Exercise 4 – Mindful Music

Time: 5 minutes

Put on your favourite song. Close your eyes and listen. Ask yourself, what emotions are coming forward, what memories are resurfacing and how does this make you feel?



Exercise 5 - Mindful Hand Awareness

Time: 2 - 5 minutes

The mindful hand awareness exercise is a really simple way to draw your attention away from your thoughts and into your physical awareness. Start by clenching your fists tightly for five seconds, and then release and notice how your hands feel. Try to attend to this feeling for as long as possible. Continue with the same technique, clenching, and if you feel like you want to do it for longer, you can. Really focus on the feeling of your hands after you release them.

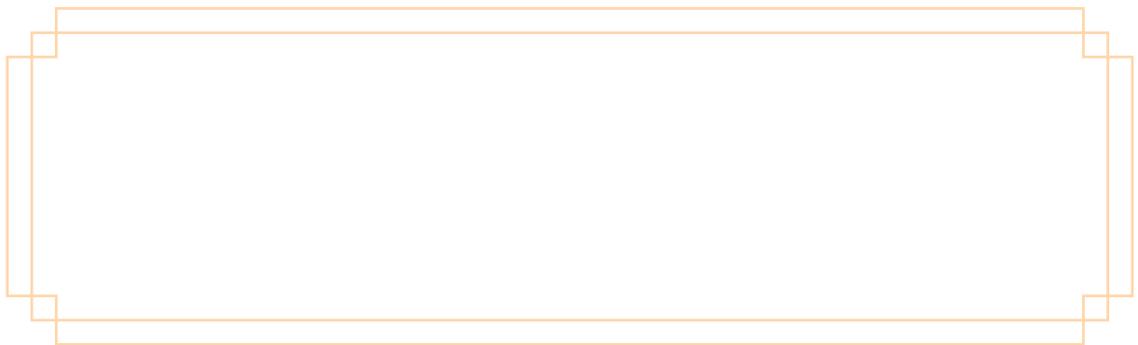


5 Minute mindfulness

Exercise 6 – Mindful drawing

Time: 5 - 10 minutes

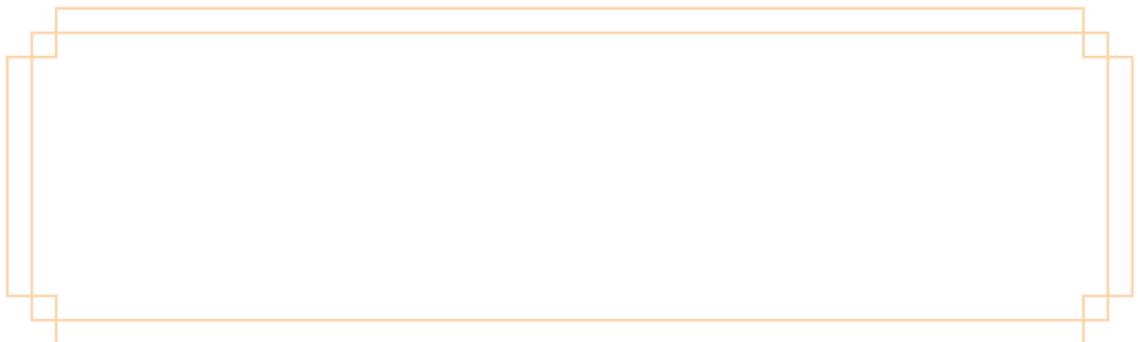
Find a non-vocal piece of music on whatever music platform you use. Get something to make marks with, and something to make marks on. Listen to this piece of music and draw what you hear. This can be up and down for faster/ slower, scribbles and waves for loud/quiet etc.



Exercise 7 – Mindful savouring

Time: 2 -5 minutes

Take one minute to think about a time you felt content. Where were you? Why did you feel that way? What could you see, hear, smell, taste and feel? Now bring that feeling to the present, and try to remain in that feeling for the remainder of the 5 minutes of mindfulness... or longer!



Daily Gratitude

So much research has shown that positive thinking can recode your brain, and change your perception of your everyday living. We believe gratitude is one of the simplest, yet one of the most effective ways of boosting your mood and maintaining your wellbeing.

Gratitude has been found to:

- Creates a more positive outlook in life
- It is consistently associated with greater happiness
- Help people feel more positive emotions
- Helps people to relish good experiences
- Improves physical health
- Creates more satisfaction with life
- People who practise are less likely to experience burnout
- People experience less fatigue
- It lowers levels of cellular inflammation. People show greater resiliency
- It encourages the development of patience and wisdom

Daily Gratitude

Here are suggestions for some questions which you might find helpful.

- What does gratitude mean to you?
- What 3 things are you grateful for at work?
- What 3 things are you grateful for at home?
- What 3 things are you grateful for from your family?
- What 3 things are you grateful for from your mentors?
- What 3 things make you smile?
- What 3 things make you excited?
- What are you looking forward to?
- Write 3 good things about today.
- What are 3 good things about yourself?
- Name 3 things that make you strong.
- Name 3 things you are proud of.
- What 3 things are the most important things in your life?
- How did you last help someone?
- What is something you love doing with your friends?
- What is one of your favourite things to do?
- Why are you grateful for it?
- Who did something nice for you today? What was it?
- Say thank you to 3 people for something they have done for you.
- Say 3 nice things about someone in your contacts.
- Say 3 nice things about yourself.
- Name 3 things you are grateful for in nature. Name 3 foods you are grateful for.
- What 3 things are you grateful for about your home?
- What makes your day more positive?

Daily Gratitude

Our recommendation is you answer 2/3 of the questions every 1 to 2 days. You can use the space below to write your answers. It is important that you have the answers somewhere concrete so you can read them at the end of each week, and reflect about your positive thoughts. Alternatively you can write your own gratitude journal without our prompts.



Thank you!

We hope you have found our booklet helpful and feel like you have learnt more on how to support your wellbeing by introducing some of the exercises we have recommended.

If you would like to find out more about our work you can always visit us at our website:

www.brightmindsbm.co.uk

or follow us on Instagram @brightmindbm where we regularly post about mental health difficulties and support for it.