

Elements of wellbeing

Record the activities related to the wellbeing elements that you perform during two days, you do not have to fill all the elements, only those that correspond to the definition of the element.

DAY 1			
Wellbeing element	Morning	Afternoon	Night
Positivity			
Relationships			
Engagement			
Meaning			
Achievement			
DAY 2			
Wellbeing element	Morning	Afternoon	Night
Positivity			
Relationships			
Engagement			
Meaning			
Achievement			