



Wellbeing Goal

Setting for Teachers

Looking after our wellbeing is important but it can often get sidelined for what we consider more pressing responsibilities but taking time out for self-care can actually improve our mental and physical wellbeing. Take time to think about what wellbeing goals you could set yourself and why you need to practice them.

By writing your goals down you're much more likely to stick to them and incorporate them into your routine.

<i>Wellbeing Goal</i>	<i>Why</i>	<i>How</i>

