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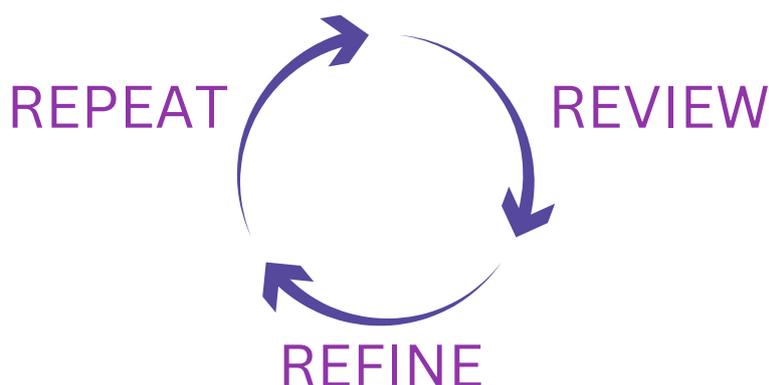
**CREATING A
CONTINUOUS
DEVELOPMENT
PROCESS**

**STEP-BY-STEP
COACHING GUIDE**

If you want to see changes to how you feel – both psychologically and physically – focus on continuously developing your wellbeing habits and routines. Focusing on continuous improvement also helps you reach peak performance as you learn and improve day after day.

Not only will you be creating habits that pay dividends for your health, but by engaging in continuous development activities, you can improve your knowledge and skills, leading to greater life satisfaction and improved self-esteem, boosting your overall wellbeing.

Here's how to create your wellbeing continuous development process using three steps:



Once a week, block 10 to 30 minutes in your calendar and follow the 'review, refine, repeat' reflection process.

Review

Reflect on what has gone well and not so well over the past week. You might reflect that you did well sticking to a fitness routine or practising mindfulness a few mornings. You might have learnt a new skill or tried meditating for the first time.

Or, perhaps your sleep suffered across the week, or you didn't prioritise connecting with others, and you want to improve that next week.

Refine

Next, focus on making small and simple changes to your actions. For example, if connecting with others is important to you, you could set aside a specific time to send a quick message or call to people you care about. Or you want to get more organised to feel less overwhelmed, or you plan to block time for activities that boost your wellbeing.

This step is about reflecting on what you'll add to your routine and what you'll stop doing.

Repeat

Finally, repeat this process - again and again. The repetition part of this process creates a habit, helping you to recognise when change is needed and commit to making those changes.

REVIEW

What went well this week?	
What could I improve for next week?	
What did I learn this week?	
Key reflections this week:	

REFINE

What will I do differently next week?	
What outcomes would I like to achieve next week?	
What will I add or take away from my routine to achieve better results?	

REPEAT

Next progress review date and time:	
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