

**J&J Kuwait Wellbeing Program**  
**Workshop 1: Self-Empowerment – Taking Ownership of Your Wellbeing - WORKBOOK**  
With certified coach Desi Jagger

**LOOKING BACK – REFLECTION ON YOUR WELLBEING JOURNEY**

→ *Reflect on your wellbeing over the past 5 years*

How has your wellbeing evolved?

How much did you empower yourself and take charge of your wellbeing?

What has stopped you from being fully empowered?

What are you most proud of?

What aspects of your wellbeing still need some work?

## LOOKING FORWARD - GUIDED VISUALIZATION FOR YOUR DESIRED STATE OF WELLBEING

→ *Capture the insights from the guided visualization*

What came up for you in the visualisation? Write or sketch what you experienced.

What do you want your wellbeing to look like? How would that feel?

What do you need to bring with you from the past 5 years? What thoughts, emotions and behaviours still serve you when it comes to wellbeing?

What do you need to leave behind? What thoughts, emotions and behaviours no longer serve you and your wellbeing?

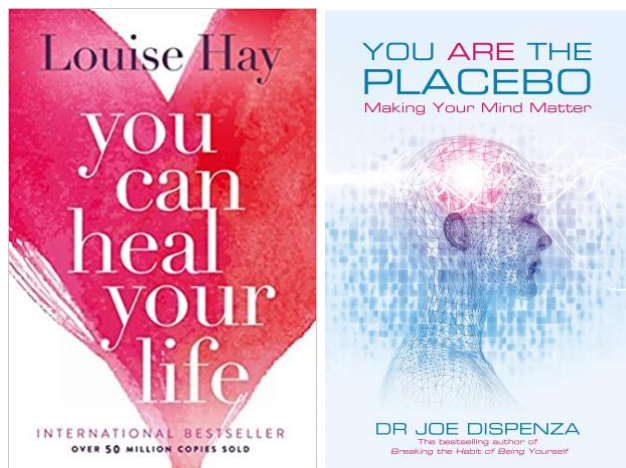
## SETTING AN INTENTION FOR YOUR WELLBEING

In 2021, my wellbeing intention is to....

What resources do you already have at work and at home?

Who can support your wellbeing journey?

## RESOURCES



## **ACCOUNTABILITY (TO COMPLETE BEFORE THE NEXT SESSION)**

→ Decide on 1 specific action which you will take each week between now and the next session to move you towards your intention. Keep it measurable, meaningful and realistic.

This accountability will be debriefed at the start of the next session. Please bring your workbook.

### Week 1

Action:  
This week, I will....

Review:  
Did you complete your commitment? What did you learn from doing it / not doing it?

From 1 to 10, how empowered do you feel in regards to your wellbeing? (1 = not at all and 10 = completely empowered)

### Week 2

Action:  
This week, I will....

Review:  
Did you complete your commitment? What did you learn from doing it / not doing it?

From 1 to 10, how empowered do you feel in regards to your wellbeing? (1 = not at all and 10 = completely empowered)

### Week 3

Action:  
This week, I will....

Review:  
Did you complete your commitment? What did you learn from doing it / not doing it?

From 1 to 10, how empowered do you feel in regards to your wellbeing? (1 = not at all and 10 = completely empowered)

Week 4

Action:

*This week, I will....*

Review:

*Did you complete your commitment? What did you learn from doing it / not doing it?*

*From 1 to 10, how empowered do you feel in regards to your wellbeing? (1 = not at all and 10 = completely empowered)*