

# Little changes challenge

Small life changes can have a big impact on wellbeing.  
Take up this challenge and track how you feel. Good luck and enjoy!



What is your challenge? .....  
Start date: .....

**DAY 1**

You're starting something new or changing a habit, this is often the hardest day! Did you notice a difference from your small change?

Daily reflection: .....

How are you feeling today?  
1 2 3 4 5  
😞 😐 😐 😊 😄

**DAY 2**

Habits and changes take time and consistency. Don't fret if you are finding it a little challenging, the fact that you are trying is a positive step!

Daily reflection: .....

How are you feeling today?  
1 2 3 4 5  
😞 😐 😐 😊 😄

**DAY 3**

Third times the charm? Maybe it's getting easier or still tricky. Either way, keep going!

Daily reflection: .....

How are you feeling today?  
1 2 3 4 5  
😞 😐 😐 😊 😄

**DAY 4**

Be kind to yourself as you make changes/adjust behaviours. It's okay if you skip a day. Day's don't need to be consecutive. Come back to it tomorrow.

Daily reflection: .....

How are you feeling today?  
1 2 3 4 5  
😞 😐 😐 😊 😄

**DAY 5**

Hopefully you are seeing benefit from the investment in your wellbeing. If the challenge has been difficult, give yourself a pat on the back for continuing.

Daily reflection: .....

How are you feeling today?  
1 2 3 4 5  
😞 😐 😐 😊 😄

**DAY 6**

Look at you! Keep up the great work as you near the end of the challenge. Sit for a minute to reflect on your feelings from day 1 and if you feel any different.

Daily reflection: .....

How are you feeling today?  
1 2 3 4 5  
😞 😐 😐 😊 😄

**DAY 7**

Final day! How was your experience? If the challenge has been tough or you are feeling low, support is available. Wellbeing is a journey, not a destination.

Daily reflection: .....

How are you feeling today?  
1 2 3 4 5  
😞 😐 😐 😊 😄

## FINAL REFLECTION

Take a moment to reflect on your feelings, achievements and struggles of the challenge. Will you continue with the change? Will you repeat the challenge or take another? Who will you nominate to take up the challenge next?

.....  
.....  
.....

## TALLY UP YOUR SCORE

Tally up your feelings throughout the week. Add the numbers from your emoji face reflection. If your score is 21 or below, it may be worthwhile speaking with someone about how you are feeling.

Help is available

<b>Lifeline Australia 24/7</b> 13 11 14   lifeline.org.au	<b>Mental Health Triage Service 24/7</b> 13 14 65	<b>In an emergency</b> Call 000
--	--	------------------------------------

Little changes challenge partners



9am-5pm, M-F 1300 364 277 | rasa.org.au



9am-5pm, M-F 1800 934 196 | gamblinghelpsa.org.au