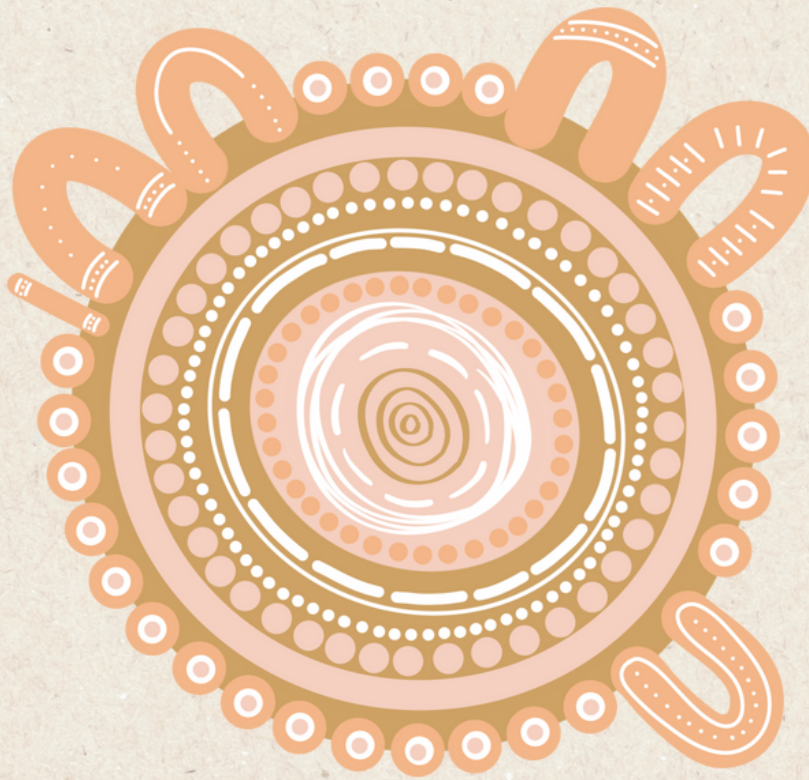


HOLISTIC WELLNESS & DREAM  
MAPPING WORKBOOK

# TOORONG MARNONG



A JOURNEY OF SELF-CARE  
WELLBEING &  
DREAM MAPPING

We respectfully acknowledge the Traditional Owners of the land of which we stand and give our deepest respect to all Elders past and present for their knowledge and wisdom that continues to drive us on our educational journey. We also pay our respect to all Aboriginal and Torres Strait Islander peoples and their continues connection to land, knowledge and waterways.

# INTRO

This workbook is all about you – helping you feel good and plan for your future by supporting your journey towards self-discovery, growth and empowerment.

In the pages ahead, you will find tools, exercises, reflections and guidance to cultivate self-awareness, reconnect to what is important to you and feel more resilient, strong and courageous as you journey through your educational path.

As a First Nations young person, you have deep connection to the oldest living culture which gives you you ancestral knowledge, stories, wisdom and courage. But we know, with all that we have to deal with in everyday life, its not always easy to find balance and access our cultural knowledge. That's why this workbook is here for you. It's a safe space for you to explore, reflect and express yourself.

Remember, you're not alone on this journey. You're part of a deadly community at Toorong Marnong, so if you need help, don't hesitate to ask.





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# SET YOUR INTENTION

## Set your self-care & wellbeing intention

(the prompts below may help you)

- What is my vision for my overall wellbeing?
- What aspects of my wellbeing do I want to focus on?
- How do I want to feel?
- What resources or support do I need to create my wellbeing intentions?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## Section One

# WHAT IS WELLBEING?



Is it:

- A.** Taking care of my mind, body and spirit ?
- B.** Focussing on Self-care and taking care of myself
- C.** Filling my cup and keeping it full
- D.** Connecting to my country, culture and community ?
- E.** All of the Above

If you picked E, you are right! As First Nations people, our overall sense of wellbeing reflects on our inter-connectedness of all aspects of our life.

Our understanding of wellbeing is Social and Emotional wellbeing as the foundation of physical and mental health. This describes the overall health of our bodies, minds, hearts, and spirits.

It's about feeling good about yourself, having strong connections with others, and feeling connected to your culture and community.



© Gee, Dudgeon, Schultz, Hart and Kelly, 2013

Social Wellbeing is about being in harmony with yourself, your community, and your culture. It's like being wrapped in a possum skin cloak of strength, wisdom, and connection that comes from knowing who you are and where you come from.

When your social, emotional, and spiritual wellbeing are strong, it give you a solid foundation to stand on, even when things get tough. In this workbook, we'll explore how to strengthen your Social and Emotional Wellbeing (SEWB) in ways that honour your identity and and empower you to thrive in all aspects of life.

## Activity 1

# MY SEWB WELLBEING WHEEL

This activity is to start thinking about all of the different parts of your life that make you feel good and strong. Its a way to see how you're doing in different areas of your life based on Aboriginal Social and Emotional wellbeing and to think about the areas that may need a bit more attention.

Using the Aboriginal SEWB diagram below, in the circles, write down or draw different ways you can stay healthy and happy and improve your overall wellbeing





# SOCIAL & EMOTIONAL WELLBEING

Social and Emotional Wellbeing is a bit like a big tree.

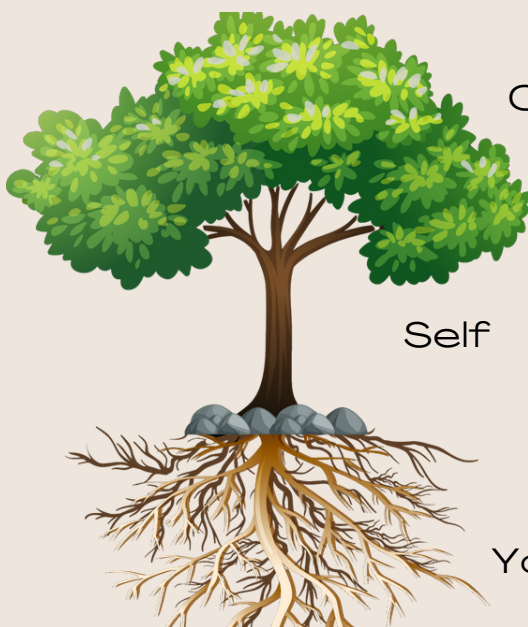
The roots represent your foundations and support, your connections to your family, community, and culture – they keep you grounded and give you strength.

The trunk represents your sense of self – how you feel about yourself and how you cope with life's challenges – your personal strengths and qualities.

The branches represent your connections to mind, body, spirit, growth and healing

When your Social and Emotional Wellbeing is strong, it's like having a healthy tree – you feel balanced, resilient, and able to cope with whatever life throws at you. But sometimes, things can happen that shake your tree – like stress, sadness, or problems in your life. That's when it's important to reach out for help and support, just like watering a tree when it's thirsty.

Taking care of your Social and Emotional Wellbeing is really important, and there are lots of things you can do to nurture it – like spending time with family and friends, doing things you enjoy, and connecting with your culture. By looking after your Social and Emotional Wellbeing, you're helping yourself grow strong and healthy, just like a tree with deep roots and wide branches.



Connections to mind, body & spirit

Self

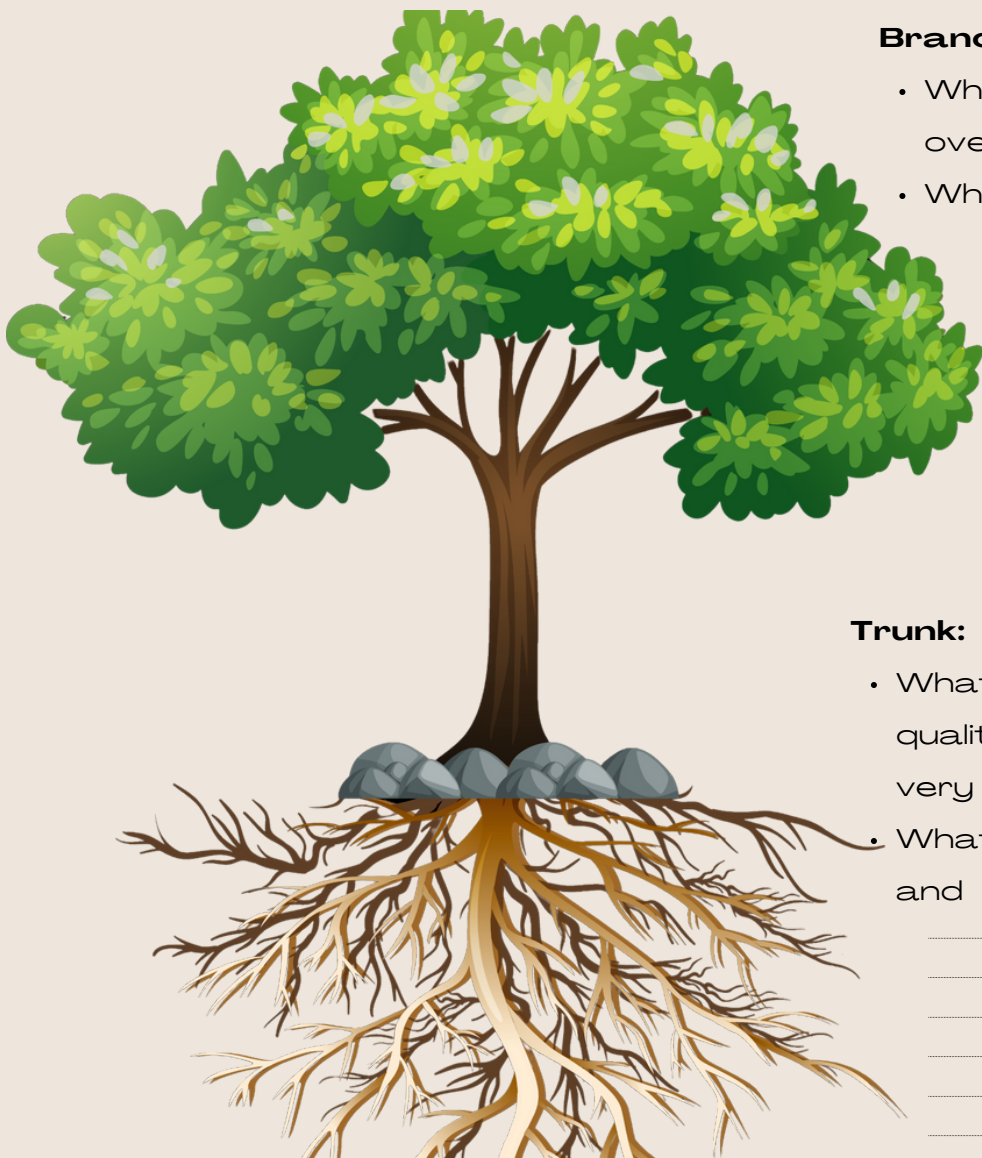
Your Foundations of Support



# Activity 2

## MY STRENGTHS TREE

The personal strengths & resources that contribute to my SEWB



**Branches:**

- What and who contributes to my overall sense of wellbeing?
- When do I feel my best?

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**Trunk:**

- What personal strengths or qualities have helped me to be my very best?
- What are my unique gifts, talents and superpowers ?

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**Roots:**

- How do my connections to country, Elders, ancestors and family contribute to my overall sense of wellbeing and identity?
- What values, and wisdom from my culture provide strength and resilience in challenging times?
- Who supports me to feel my best?

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# HOLISTIC SELF-CARE

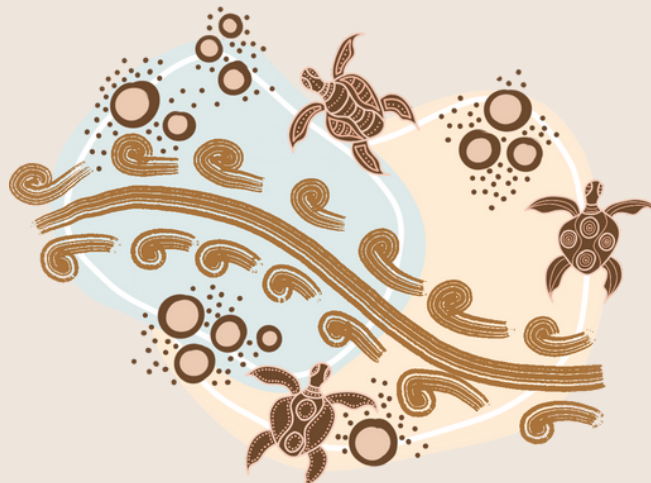
Holistic Self Care is how we bring Aboriginal Social and Emotional wellbeing into action.

Self care is about nurturing our holistic wellbeing on a consistent and ongoing basis. These are things that may or may not always be enjoyable in the short term but they create overall and long term wellbeing.

For example, Going to a dentist appointment may not feel fun at the time, but it's going to have great long term benefits in preventing cavities and other problems.

## DECLARE TO YOURSELF I AM IMPORTANT & I MATTER

Self-care is how we become empowered and self-determining of our lives, because we are able to focus on what we can control - which is ourselves - and from that place make choices over our lives with wisdom and intention. Always declare to yourself "I AM Important and I Matter"





# RADICAL SELF- CARE

Radical self care means that you have the responsibility to take care of yourself before attempting to take care of others. It is necessary to fill your cup first, then give to others from the overflow ([click here to learn more about filling your dilly bag exercise](#))

As First Nations people, we are a collective culture, which means we emphasise the importance of connection , reciprocity, collaboration and support of others. So we have a collective responsibility to take care of ourselves so that we are in the best possible position to take care of our families and communities.

Taking care of ourselves is a non-negotiable if we are going to be our best versions to care for others.



Radical self care is like the oxygen mask analogy. We need to put on our own oxygen mask first, to be able to help others with theirs. When you take care of your own needs first, you are better equipped to support others in a calm, competent manner.

Prioritising self-care empowers you to support your family, friends and community from a place of strength and resilience.



## SELF-CARE CHECK-IN

This self-care check-in is a great way to start thinking about your wellbeing and look at the areas where you may need some extra care and focus

After you finish the check-in, you can look at your answers and think about what they tell you. It's like having a map to help you figure out what you need to do to take care of yourself. By doing this regularly, you can get better at understanding yourself and feeling stronger and happier.

### PHYSICAL WELLBEING

- ☐ I eat nutritionally and stay hydrated most of the time
- ☐ I am happy with my physical fitness and energy levels
- ☐ I have been getting enough sleep and I feel rested
- ☐ I spend time outdoors, in the sunshine in nature

### EMOTIONAL WELLBEING

- ☐ I am practicing self-compassion and speak to myself with kindness and understanding
- ☐ I allow myself to feel and express emotions without judgement
- ☐ I take breaks and allow myself time to rest and recharge when needed
- ☐ I allow time for play, fun, laughter and creativity

### MENTAL WELLBEING

- ☐ I have people in my life who love and/or support me
- ☐ I say "no" to myself and others when I need to
- ☐ I have clear boundaries for myself including social media
- ☐ I have coping strategies that effectively help me to manage stress levels

### SPIRITUAL WELLBEING

- ☐ I connect with country, culture and Elders on a regular basis
- ☐ I listen to & trust my intuition and inner knowledge when it comes to looking after myself
- ☐ I do activities that nourish my soul and bring you me sense of purpose or meaning?
- ☐ I take time for reflection and meditation, center and ground myself



# SELF-CARE REFLECTION QUESTIONS

What does Self-care mean to me?

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Where have I not been taking care of myself lately?

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In what areas would I like to start taking care of myself better?

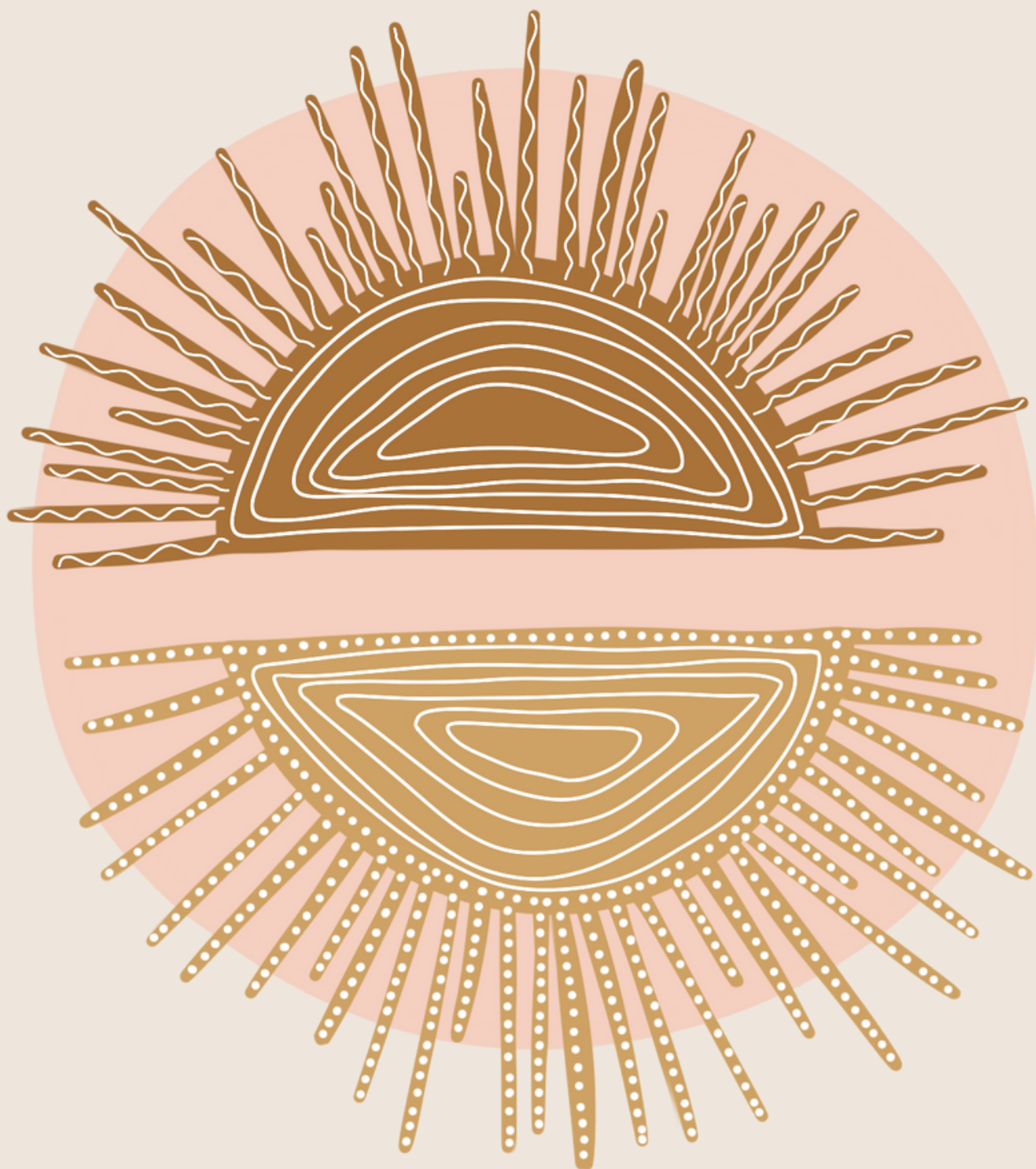
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# CONNECTION TO MIND, BODY & SPIRIT

The following pages are to provide you with a variety of activities, exercises and resources to nurture your Emotional, Physical and Spritual wellbeing through a First Nations Social and Emotional wellbeing lens.







## CONNECTION TO BODY

Connection to body is about connecting with your physical health and feeling strong, vibrant, energised and healthy so that you can do the things that help you get the best out of life.

Physical activity can reduce the risk of many chronic health conditions such as cardiovascular disease, type 2 diabetes and some forms of cancer

## IDEAS FOR CONNECTION TO BODY

Connecting with the body is so important for supporting physical well-being and overall health. Here are some ways to foster this connection:

**Regular Exercise:** Include regular exercise into your routine, choosing activities that you enjoy and that align with your fitness goals. Whether it's walking, jogging, swimming, dancing, traditional games, find activities that feel good for your body and help you stay active and energised.

**Mindful Movement:** Engage in activities that promote mindful movement, such as bushwalking, swimming, yoga.

**Dance or Creative Movement:** Express yourself through dance or creative movement, allowing your body to move freely. Put on your favorite music and let go of inhibitions - dance like no one's watching!

**Massage or Bodywork:** Treat yourself to a massage, acupuncture, or other forms of bodywork that promote relaxation, release tension, and improve circulation.

**Restorative Rest, Naps, and Restful Sleep:** Prioritise restorative rest by listening to your body's signals and taking breaks when needed. Be sure to practice good sleep hygiene and incorporate a good evening bedtime ritual.

**Cooking and sharing Nurturing traditional Foods:** Prepare and share nutritious meals using traditional Aboriginal ingredients and cooking methods. Embrace the connection between food, culture, and physical health within Aboriginal communities.

**Community Health Events:** Attend community health events or clinics that focus on Aboriginal health and well-being. Take advantage of opportunities for health checks, and screenings

**Bush Medicine Walks:** Learn about traditional bush medicines and their healing properties by going on bush medicine walks led by Elders or community members. Connect with the land and traditional knowledge while promoting physical health.

# CONNECTION TO MIND

Connection to mind and emotions is about our mental health and the ability to manage thoughts and feelings. Maintaining positive mental, cognitive, emotional and psychological wellbeing is important for overall well-being as it allows for a deeper self-understanding, cultivating resilience and inner peace.

Feelings can be really tough to manage , and sometimes we can't process them by ourselves - so its really important to reach out to friends, family or other supports in the community if you need help.

## IDEAS FOR CONNECTION TO MIND

**Connecting with support services** - Seek support from a professional who can provide guidance, validation, and tools for exploring emotions, managing stress, and promoting mental well-being. Whether it's a therapist, counselor, psychologist, or life coach, finding someone who respects and honors your Aboriginal identity is important. Check out the following links for support <https://headspace.org.au/yarn-safe/> or <https://headspace.org.au/yarn-safe/>

**Community Support** : Access culturally safe support services offered by community organisations, such as counseling, healing circles, or cultural healing programs. These services provide culturally sensitive support for addressing mental health, trauma, and other social and emotional challenges.

**Practicing self-compassion and kindness** - Practice self-compassion by treating yourself with kindness, understanding, and acceptance, especially during times of difficulty or struggle. ***Click here for more information on self-compassion.***

**Journaling** - Taking time to journal allows you to reflect on your thoughts, feelings, and experiences. Writing can help you gain clarity, process challenging emotions, and gain perspective on life's ups and downs. ***Click here for some journal prompts.***

**Mindfulness Meditation** -Engaging in mindfulness practices like meditation can help quiet the mind, cultivate present-moment awareness, and observe thoughts and emotions without judgment. This practice can be a powerful tool for managing stress and enhancing mental clarity. ***Click here to listen to the Your Worried Mind meditation.***

**Laughter:** laughter is the best medicine, try not to take life too seriously all the time and make time for a good laugh.

**Connect with Elders and Culture:** Spend time with Elders in your community to learn from their wisdom, stories, and cultural traditions. Listen to their experiences and

**Time on country/connecting with Nature** - Spend time on country to ground yourself, find calm and connection

**Creative Expression:** Creative activities such as art, music, writing, or dance to express your thoughts and emotions. Allow yourself to express freely and authentically, using creativity as a means of self-discovery and emotional release.

**Emotional Check-Ins:** Set aside regular time to check in with yourself and assess your emotional state. Ask yourself how you're feeling and what emotions are present for you in this moment. ***Check out the Cultivating self-awareness section of this workbook to learn more about how to check-in with yourself***





## CONNECTION TO SPIRIT

Feeling like you have a reason for being and that your life has meaning is really important for how you feel inside. For First Nations people, our mental health and how we feel emotionally can be affected by our connection to our cultural beliefs and the way we see the world around us, including our understanding of spiritual and our ancestral connections.

## IDEAS FOR CONNECTION TO SPIRIT

**Learning from Elders and Knowledge Holders:** Connect with Elders and knowledge holders within your community. Spend time with them, listen to their stories, and learn from their experiences and teachings about spirituality, connection to the land, and the wisdom of ancestors.

**Dreaming Stories and Creation Narratives:** Explore Dreaming stories, creation narratives, songlines and oral traditions passed down through generations. These stories often contain spiritual teachings, ancestral knowledge, and connections to the land, providing insight into Aboriginal spirituality and our understanding of the world.

**Connection to Country:** Deepen your connection to country by spending time on your ancestral lands, engaging in activities such as bushwalking, camping, or caring for the land.

**Art and Creative Expression:** Express spirituality and connection to ancestors through art, music, dance, storytelling, and other creative outlets. Creating art that reflects cultural symbols, Dreaming stories, or ancestral themes can be a powerful way to explore spirituality and honor your ancestors.

**Land-Based Practices:** Spending time on country, engaging in hunting, fishing, foraging, or participating in ceremonies

**Practice Language :** Learning and speaking your traditional languages can provide a direct link to ancestral ways of thinking, communicating, and understanding the world. Language carries cultural knowledge, including spiritual concepts and teachings, and can deepen your connection to ancestors.

**Genealogy and Ancestral Research:** Explore your family history and genealogy to connect with your ancestors. [Click here for a list of resources to create your family tree.](#)

**Sustainable Living:** Practicing sustainable living and environmental stewardship is in line with First Nations values of reciprocity and respect for country. Honoring the land and living in harmony with nature are ways to honor ancestors and preserve connections for future generations.





## CULTIVATING SELF AWARENESS- DEEP LISTENING

An important part of honouring ourselves and self-care starts with cultivating a strong relationship with yourself - because once you have a deeper connection with yourself that greater sense of awareness is where the transformation is able to take place .

Self Awareness allows us to understand ourselves and our feelings and what we wish or need for ourselves giving us the space to pause, slow down and listen to our own needs.

So how do you do this? You have to connect with you -

### What do I need?

Through taking intentional moments of pause and stillness to not just hear but to truly listen, we tune into the frequency of our spirit, our seasons, our rhythms, our body, our energies, our flow - we create a deeper and more potent connection with the truth of who we are.

It is listening from a place of love, respect and honour- for self, for others and for country. Deep listening also means, sitting in places of discomfort, leaning into the uncomfortable, and allowing the stillness.

Name and acknowledge the emotions that arise, without trying to change or suppress them. This practice helps develop emotional awareness and acceptance.

Deep listening does not have to be a complicated practice. Here is a simple process to support you to connect with yourself:

Place your left hand on your heart and right hand on your tummy

Take 3 deep cleansing breaths - in through the nose and out through the mouth

Take a moment to pause, connect with your breath and simply ask yourself these questions:

What do I need in this moment

What is my body asking for?

What is my spirit asking for?

What am I feeling right now?

You can play some relaxing music if you find it helpful



# CULTIVATING SELF AWARENESS- DEEP LISTENING

## OTHER WAYS TO PRACTICE DEEP LISTENING & SELF AWARENESS

Here are some other ways to connect with and build a relationship with yourself and honour your feelings, thoughts and emotions:

**Breathing practices/ breathwork** - Focus on your breath as it enters and leaves your body. Notice the sensations of inhaling and exhaling, the rise and fall of your chest or abdomen, and the rhythm of your breath. Whenever your mind starts to wander, gently guide your attention back to your breath. *Here is a link to a simple breathing meditation*

<https://www.youtube.com/watch?v=YQGgsSiw1ZM&t=7s>

**Journaling prompts** - Set aside time to reflect on your thoughts, feelings, and experiences through journaling. Write freely without judgment or censorship, allowing your thoughts to flow onto the page. Notice any patterns, insights, or emotions that arise as you write, and practice self-compassion in your reflections. *Here is a link to some journaling prompts for self reflection*

**Body Scan Meditation** - Take time to scan your body from head to toe, bringing attention to any sensations, tensions, or areas of discomfort. Notice the physical sensations without judgment, simply observing what arises in each moment. This practice helps cultivate awareness of bodily sensations and promotes connection between mind and body. *Here is a link to a meditation to support you to connect with yourself*

**Mindfulness practices** - examples include weaving, art, jigsaw puzzles, mindful eating and movement, yoga, walking in nature, connecting with country

Dadirri: Deep Listening work established by Aunty Miriam Rose Ungener



# CULTIVATING SELF AWARENESS- DEEP LISTENING

## JOURNALING PROMPTS

What do I need?

How do I feel right now, both physically & emotionally?

What emotions am I feeling and what might they indicate about my needs?

What does my body need to feel nourished and energised?

What activities or experiences bring me joy and fulfillment?

How do I nurture my emotional well-being during challenging times?

What types of relationships are important to me?

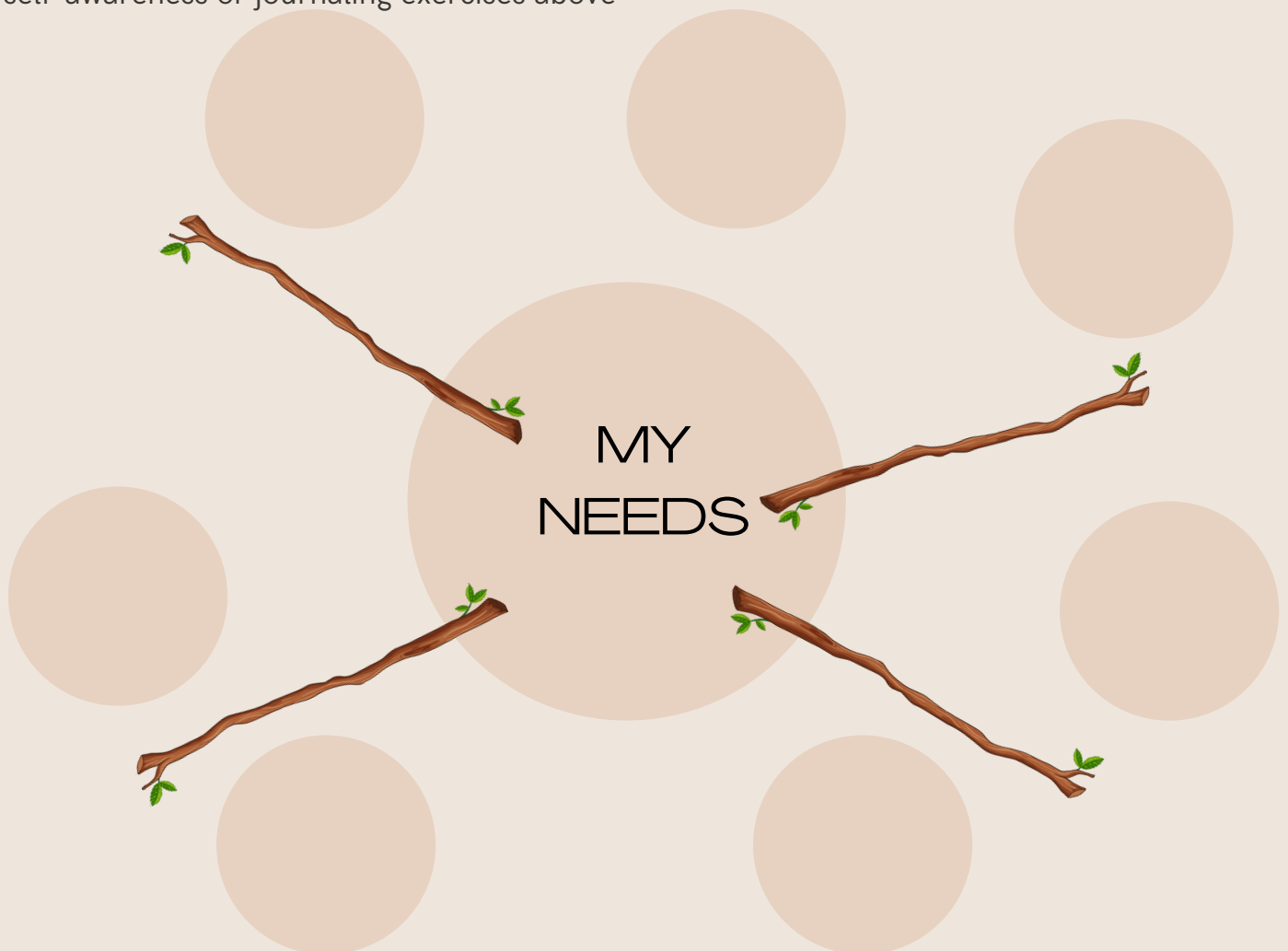
Do I feel supported and understood by my social circle?

How do I connect with my culture or spirituality?



## MY NEEDS MAP

This “My needs map” activity is designed to help you visually represent your personal needs and desires across different aspects of your life. By creating a visual map, you'll gain clarity on what matters most to you and identify areas where you may need to prioritise self-care and attention. This map is best done after you have done one of the self-awareness or journaling exercises above







## CULTIVATING SELF-COMPASSION

Self-compassion is the practice of treating ourselves with kindness, understanding, and acceptance, especially during times of difficulty or struggle. It's about embracing our imperfections, and offering ourselves the same care and support we would offer our best friend. By treating ourselves with kindness and understanding, we cultivate resilience, self-worth, and emotional strength

### Activity: Letter to myself

Write yourself a heartfelt letter, offering yourself kindness, love, encouragement and support. Here are some ideas to include in your letter:

- Acknowledge any challenges you have overcome and the strength you've shown.
- Show yourself compassion and remind yourself that it's okay to struggle and that you are never alone.
- Remind yourself of your worth and resilience.
- Express gratitude for the person you are and the journey you are on.

## Activity

# FILL YOUR DILLY BAG



The dilly bag, is a traditional Aboriginal container used for gathering and carrying important items. Similar to a dilly bag, we can fill ourselves with things that nourish us emotionally, mentally, and spiritually. Think of the dilly bag as your inner spirit.

- What do you need to fill your dilly bag with to feel happy, balanced, and strong?
- What qualities or activities bring you joy and fulfillment?
- How can you nurture your well-being on a daily basis?

Using all of the tool and resources from this workbook, list everything below that you will include in your self-care dilly bag

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# VALUES

## DISCOVERING MY VALUES: A JOURNEY OF SELF-EXPLORATION

Values are the compass that guide us through life's adventures. They're the things we believe in and care about the most. They are like our superpowers that help us to make choices and navigate the world around us

Think about the stuff that makes you feel good, like being honest, helping others, standing up for what's right, or spending time with friends and family. These are your values!

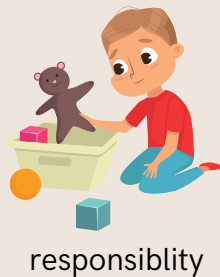
Our values are like our own special map, showing us the path we want to take and the kind of person we want to be. They're what we stand for, even when things get tough or confusing. And just like superheroes have their powers, our values give us strength and direction to face whatever comes our way.

Don't worry if you aren't sure what your values are - this activity is going to help you to figure it out

# VALUES

Discovering My Values: A Journey of Self-Exploration

Instructions: Circle 3 pictures that represent things that are important to you and make you happy - you can also come up with your own .



Look at the values you circled in Part 1. For each value, write or draw one thing you can do to show that value in action.

Value: \_\_\_\_\_

- Action \_\_\_\_\_

Value: \_\_\_\_\_

- Action \_\_\_\_\_

Value: \_\_\_\_\_

- Action \_\_\_\_\_



# VALUES

## Values activity 2:

using the list of values below, circle 5 values that mean the most to you then answer the questions on the following page:

Adventure  
Balance  
Confidence  
Control  
Creativity  
Discipline

Education  
Equity  
Family  
Financial Security  
Friends

Freedom  
Fulfilment  
Forgiveness  
Fun  
God  
Growth

Happiness  
Health  
Hope  
Honesty  
Humour

Independence  
Integrity  
Kindness  
Knowledge  
Love  
Lifestyle

Marriage  
Peace of Mind  
Power  
Progress  
Respect

Security  
Self-expression  
Self-reliance  
Service  
Spirituality  
Strength

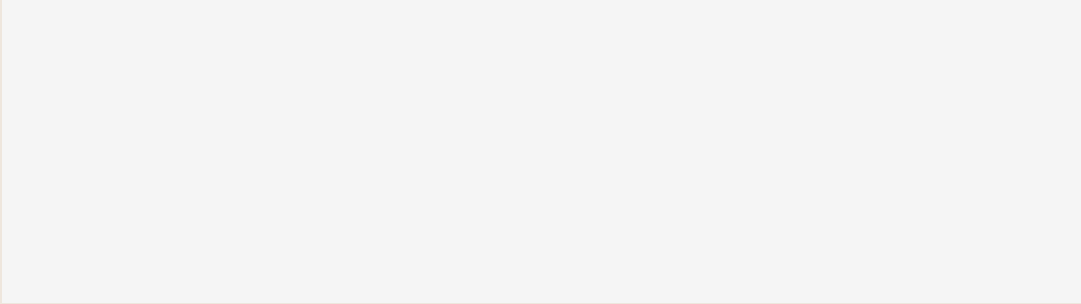
Success  
Truth  
Unity  
Wealth  
Wisdom

Culture  
Kinship  
Community  
Accomplishment  
Self-Determination  
Sovereignty

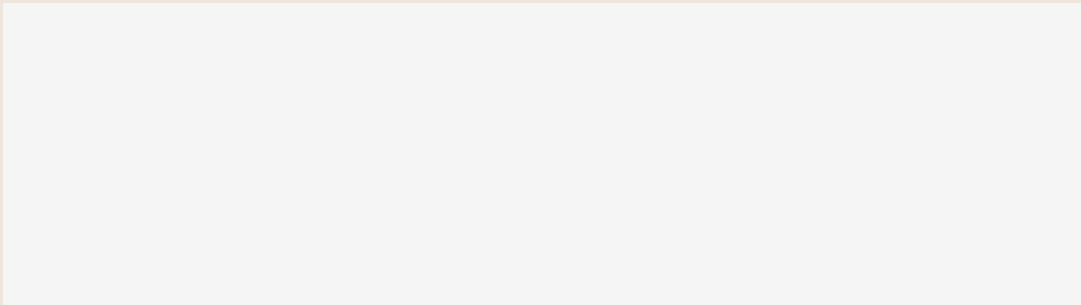
Safety  
Trust  
Tradition  
Connection  
Patience

# VALUES

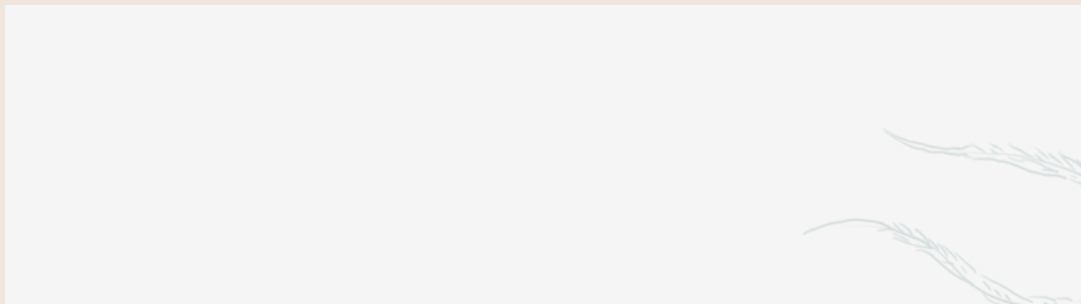
1 Value that is important to me is :



Why does this value matter?

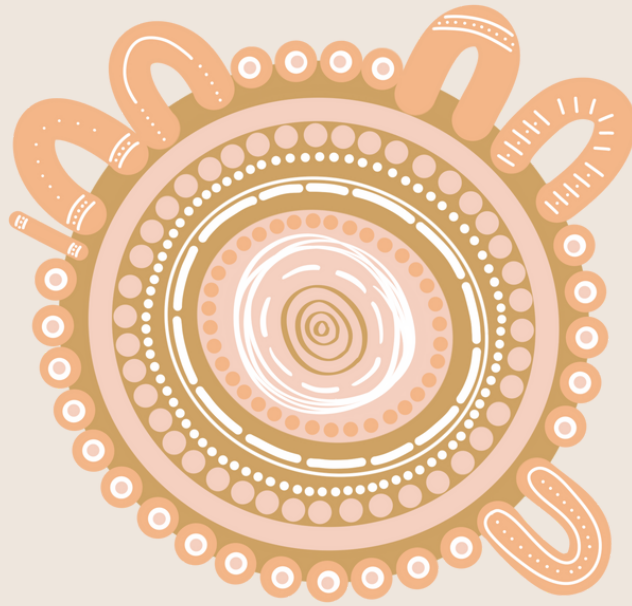


What is one action I can take to live according to this value?



## SECTION THREE

# DREAM MAPPING & GOAL SETTING



1. Celebrating you
2. Your Dreaming
3. Your 12 month vision
4. Goal setting

# CELEBRATING YOU

Today you get to celebrate yourself for being you, and how far you've come.

Sometimes, we forget just how much we've accomplished because we're too busy thinking about the tough stuff.

Let's take a moment to celebrate all the amazing things you've done in the last 12 months, no matter how big or small

So, be honest with yourself and think back on everything you did in the last year.

- *Did you learn something new?*
- *Did you make a new friend?*
- *Did you try something scary and brave*
- *Maybe you helped someone, or*
- *Maybe you stood up for what's right.*

Using the worksheet -Write down every single thing you can think of, even if it seems small. Remember, every step forward is a win, and you should be proud of yourself for all your accomplishments!





# 12 MONTH REFLECTIONS

What were the deadliest things you did or achieved in the past year? What made you feel really awesome about yourself?

What were the moments that made you go, "Wow, that was amazing!"? What are the stories you'll never forget?

What's a valuable lesson you learned from facing a difficulty or challenge ?

What new skills or talents did you discover in yourself this year?

What parts of the past year made you feel super grateful? What are you most proud of doing or experiencing?

# YOUR DREAMING:

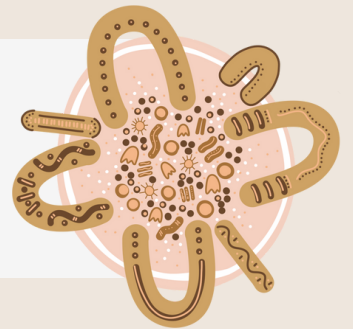
What is your purpose in life?

Each of us is here with our own unique path, unique blueprint, or as we say in Aboriginal culture our dreaming path

Our dreaming is to feel connected to something bigger than ourselves - be it community, culture, religion, a sporting club, a cause or just a reason to get out of bed every morning. Our dreaming is our sunshine, our rhythm, our truth, our purpose. Our dreaming is more of a way of being, than doing. It also inspires us and makes our hearts and bellies warm with excitement.

*"Your dreaming is a journey that flows without rush and with reverence for the present moment. At the same time, it is important that your dreaming is consistent and has direction. Goals can help you with your direction and ensure you don't lose sight of what is important to you"* Paul Callaghan

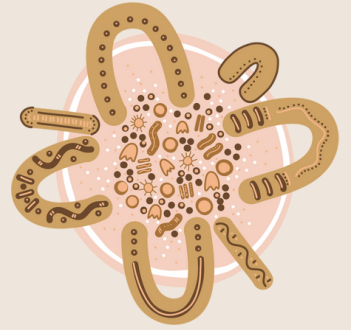
**Think about the things you've done and experienced in your life so far.  
What made you really happy? What challenges did you overcome?**



**Think about the stuff that gets you excited and makes you feel alive.  
What do you love to do? What could you talk about for hours?**

# YOUR DREAMING:

What is your purpose in life?



**Imagine you have a magic wand and can make anything happen. What cool projects or adventures would you create for yourself?**

- **Write down your wildest dreams and ideas. Don't hold back—let your imagination run wild!**

**Close your eyes and picture your ideal life in the future. What does it look like? What are you doing? Who are you with? ([click here for My Future self visualisation exercise](#))**

What is your one-line statement??

**Based on your reflections above, write down a one-line statement that captures your life purpose or what you believe your dreaming might be.**

*eg. My dreaming is to educate and learn and then teach others,*

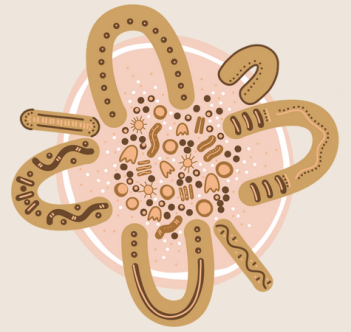
*My dreaming is to learn my culture and pass it on to others*

*My dreaming is to spread love and happiness to others through music*

My dreaming is .....

# YOUR 12 MONTH VISION:

Who do you want to be in 12 months?



Your vision plan is like a treasure map—it helps you navigate towards your dreams. Let's start mapping out your journey!

**Think about all the things you'd love to do or have in the next year. No dream is too big or small! Write down your dreams and wishes for the next 12 months. Don't hold back—let your imagination run wild!**

**How do you want to feel emotionally, mentally, and physically in the next year? Write down words that describe how you want to feel, like happy, confident, peaceful, strong, and energised.**

**Think about the things you're good at and the skills you want to learn or improve. Write down skills or talents you want to develop or enhance in the next year. This could be anything from playing a musical instrument to learning a new sport!**



# 12 MONTH VISION MAP

Education/school

Culture/community

Relationships/family

Hobbies/sport

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Best  
Year  
Ever

Career/work

New experiences &  
adventures

health/wellbeing

skills & talents

# GOAL SETTING

So now that we know our values, we are connected to our dreaming path and have our big vision for the year ahead, its time to start making a plan to make it all happen - this is where goals come in.

- Goals are a way for us to take more specific actions towards the vision we have for a part of our life, or even our whole life that we want better.
- Getting specific goals down on paper gives your thoughts somewhere to flow to.
- Goal setting gives meaning and purpose to the work you do.

## **We are going to do this is 4 steps:**

### Step 1: Define Your Goals for the next 90 days:

- What do you want to achieve? Be specific
- Why is this goal important to you?
- How will achieving this goal make you feel?

### Step 2: Break it down: The Action steps

- What specific actions do you need to take to achieve this goal?
- Break down your goal into smaller tasks or steps.
- Assign deadlines to each action step and create a timeline for completion.

### Step 3: Stay Accountable & on track

- Schedule regular check-ins to review your progress regularly.
- Share your goals with someone you trust and ask for their support.
- Stay motivated by celebrating small victories along the way.

### Step 4: Reflect & Adjust

- Reflect on your progress weekly and adjust your plan as needed.
- Be flexible and willing to adapt to changes or new opportunities.
- Remember that setbacks are a natural part of the process—learn from them and keep moving forward.

# Goal Setting Worksheet

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## ✓ **My Goal/s for the next 90 days**

What do I want to achieve? Be specific

How will achieving this goal make me feel?

Why is this goal important to me?

Action, steps & tasks to complete this goal:

✓

✓

✓

Support & resources I need to achieve this goal:

Target completion date:

How will I celebrate when I've achieved this goal?



## FAMILY HISTORY RESOURCES

- ☐ National Archives of Australia (NAA - Record Search)  
<https://recordsearch.naa.gov.au/>
- ☐ National Library of Australia-<https://trove.nla.gov.au/>
- ☐ Births, Deaths and Marriage records
- ☐ Australian Institute of Aboriginal & Torres Strait Islander Studies  
<https://aiatsis.gov.au/>
- ☐ Koori Heritage Trust [visit-us/koorie-family-history-service/](#)
- ☐ Public Records of Victoria (PROV)
- ☐ State Library of Victoria
- ☐ Link up Services
- ☐ NTS Corp - Native Title Service NSW
- ☐ Native Title claims
- ☐ Ancestry.com