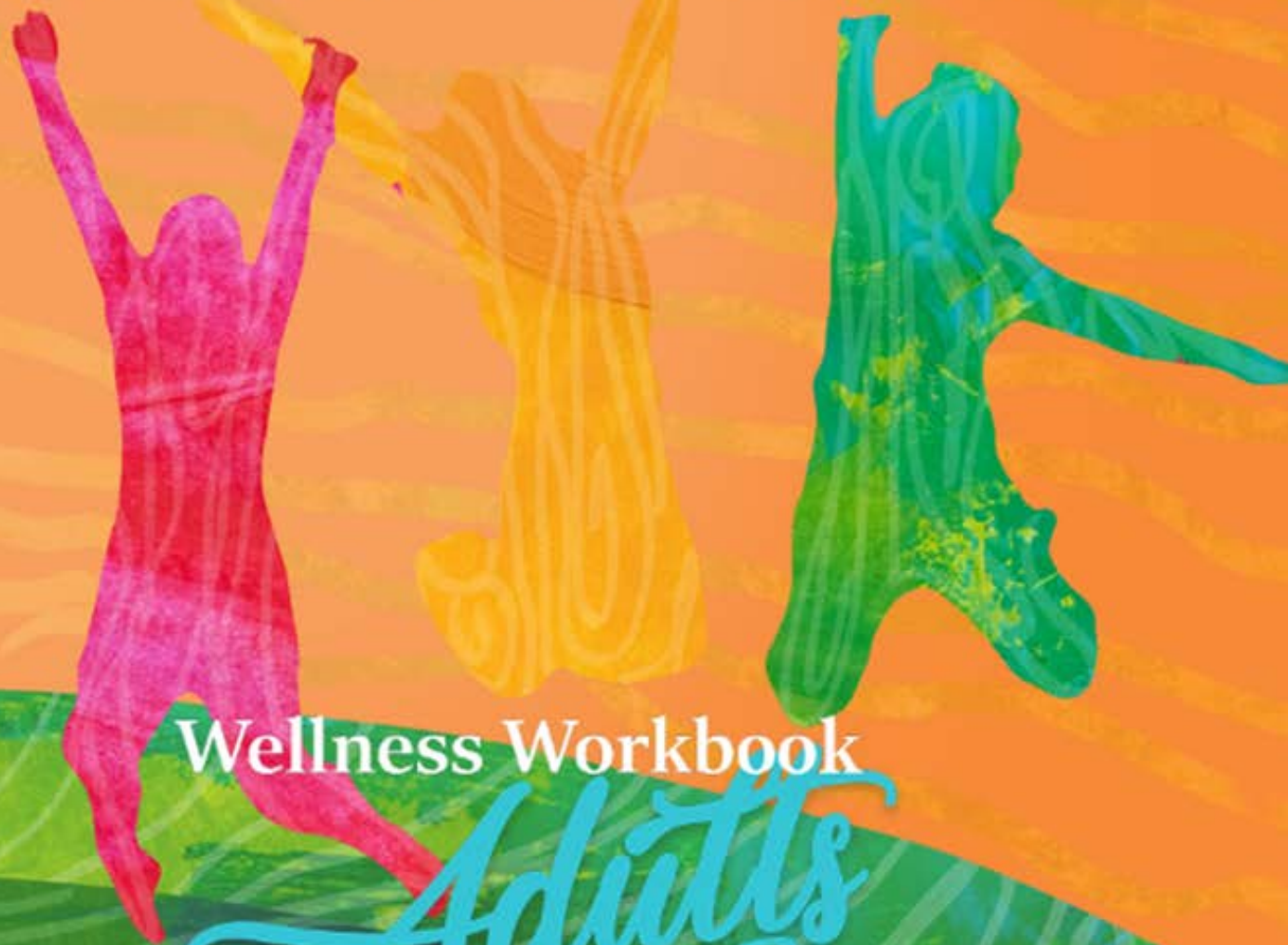


Quantin Binnah
Community Centre



Live your Best Life!



Wellness Workbook

Adults
ages 75+



Start of month Reflections

**Take time at the start of the month to reflect on
your friends and social connections.**

How would you describe the qualities that make a friendship meaningful to you?

Can you identify a specific moment or experience that strengthened one of your friendships? What did you learn from that?

Imagine your ideal circle of friends. What qualities and values would they share, and how would you contribute to creating a supportive and fulfilling group dynamic?



Reflect on a time when you faced a challenge and a friend provided support. How did their presence impact your experience?

Consider the friendships you have formed over the years. How have they evolved, and what role do they play in your life today?

Think about the balance between giving and receiving in your friendships. How do you contribute to the well-being of your friends, and how do they support you in return?

Are there any friendships that have faded over time? What factors contributed to the changes in those connections, and what did you learn from those experiences?

Keep your start of month reflections in mind when creating your smart goals and how you can you them to create a more successful month ahead.



March Challenge

Reconnect Challenge

How often are you able to connect with friends outside of your regular schedule?

Our challenge this month is to reach out to a friend or community member once a week to see how they are!

Remember in connections that boundaries are important. Only take actions that you are comfortable with and respect others boundaries aswell. Communicating your boundaries is one way you could improve the quality of your connections!

Use this page to check off your challenge weekly.
You can also use your monthly spread to schedule 1 hour each week for your smart goal.

Challenge Checklist

Can you check in or reach out to someone once a week this month?



Smart Goals

**Can you set one goal for the month of march that will help you have better connections with friends and or community?
Think back on your reflections to inform your goal.**

Specific

What exactly needs to be accomplished?

Who else will be involved?

Where will this take place?

Why do I want to accomplish the goal?



Measurable

How will I know I've succeeded?

How much change needs to occur?

How many accomplishments or actions will it take?

Attainable

Do I have or can I get, the resources needed to achieve the goal?

Is the goal a reasonable timeframe for me?

Are the actions I plan to take likely to bring me success?



Smart Goals

Relevant

Is this a worthwhile goal for me right now?

Is it meaningful to me?

Would it delay or prevent me from achieving a more important goal?

Am I willing to commit to achieving this goal?



Time bound

What is the deadline for reaching the goal?

When do I need to take action?

What can I do today?



End of month Reflections

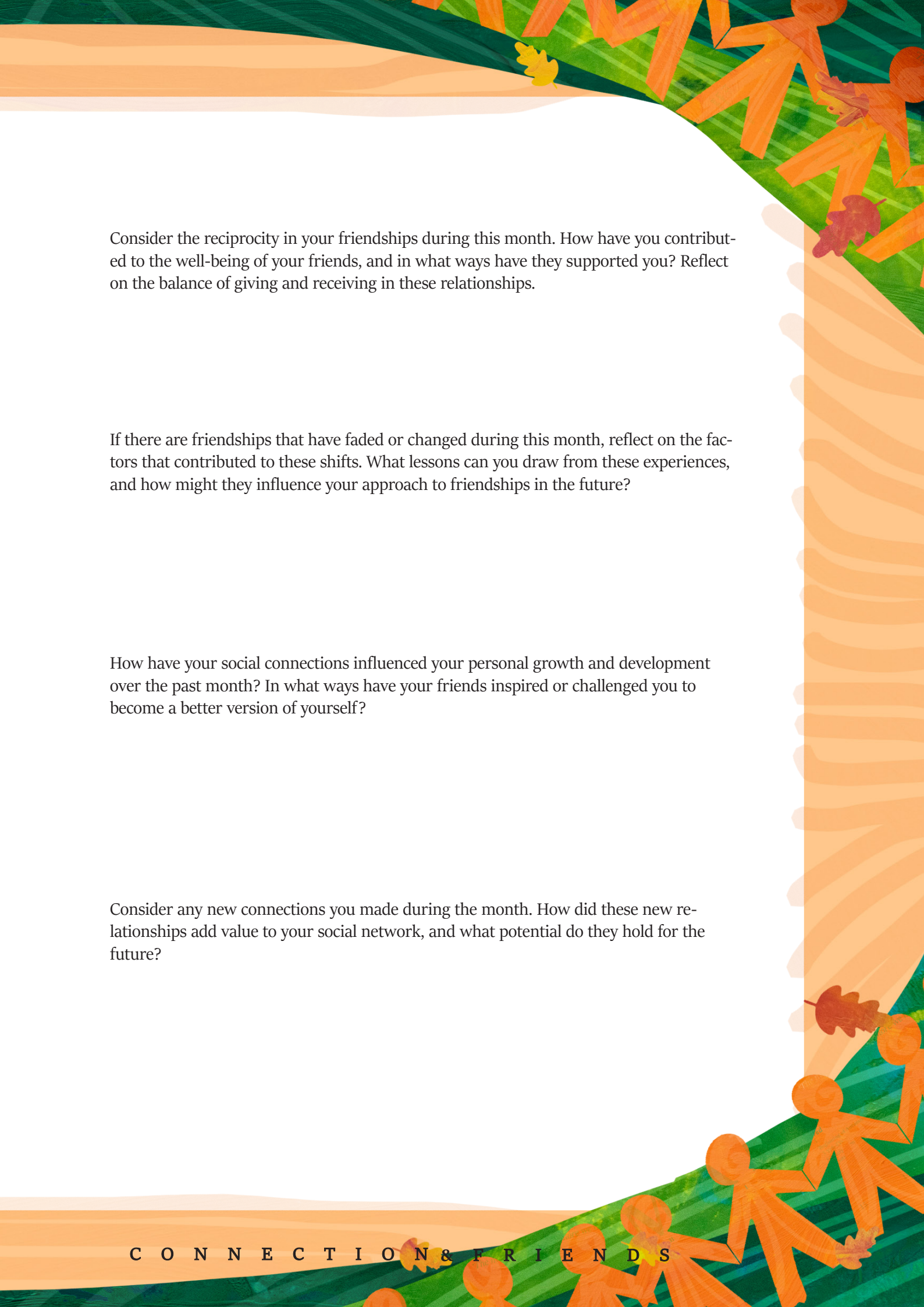
Take time at the end of the month to reflect on your goals, challenges and plans.

Consider the challenges or successes you've experienced in your friendships during the past month. How did these situations impact your relationships, and what insights did you gain from them?

Reflect on the qualities and values you sought in your ideal circle of friends at the beginning of the month. Have your interactions with friends aligned with these ideals, and in what ways have they exceeded or fallen short of your expectations?

Think about a specific moment this month when you provided support to a friend facing a challenge. How did your presence impact their experience, and what did you learn about your capacity for empathy and support?

Examine the evolution of your friendships over the course of the month. Have there been any notable changes or developments in your connections, and how do you anticipate these dynamics evolving in the future?



Consider the reciprocity in your friendships during this month. How have you contributed to the well-being of your friends, and in what ways have they supported you? Reflect on the balance of giving and receiving in these relationships.

If there are friendships that have faded or changed during this month, reflect on the factors that contributed to these shifts. What lessons can you draw from these experiences, and how might they influence your approach to friendships in the future?

How have your social connections influenced your personal growth and development over the past month? In what ways have your friends inspired or challenged you to become a better version of yourself?

Consider any new connections you made during the month. How did these new relationships add value to your social network, and what potential do they hold for the future?

Planning Guide

On the next page you will find a monthly spread page. Use this guide to help you fill in your spread and incorporate your goals and personal time into your month.

Think about how you can schedule time to prioritise your mental health. This may prove to be a challenge with many things to juggle on your plate. Consider trying these ideas:

Reconnect Challenge:

Schedule the time you will do the reconnect challenge. This will help take the stress out of reaching out to people and make sure you achieve your challenge.

Key symbol:



Smart Goal Setting Day:

Allocate a day each month to disconnect from digital devices. Use your planner to choose a date and plan alternative activities like reading, journaling, or outdoor adventures.

Key symbol:



Weekly Reorg & tidy:










Plan a self-care ritual each week, whether it's a bath, a walk in nature, or a creative activity. Schedule in your planner to time nurture yourself.

Key symbol:



Planning Example

See our example below of how you might like to use your monthly calendar:

	1	2
	 Goal Setting Day	
7	8	9
		 Reconnect challenge
14	15	16
		 Reconnect challenge
21	22	23
		 Reconnect challenge
28	29	30
		 Reconnect challenge

C O N N E C T I O N

MAR

F R I E N D S

3

4

5

6

10

11

12

13

17

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27

31

C O N N E C T I O N & F R I E N D S

	1	2
7	8	9
14	15	16
21	22	23
28	29	30



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