

Kaizen for Wellbeing: Navigating Change One Small Step at a Time

This worksheet helps you apply the powerful Kaizen principles to make positive changes in your mental health and wellbeing. Remember, it's all about small, consistent steps to build lasting habits and gently navigate change without feeling overwhelmed.

Identify Your "Big Picture"

- **What broad area of your wellbeing do you want to improve or change?** (e.g., reduce stress, improve sleep, manage negative thoughts, increase self-care)

My Big Picture Goal:

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Step 1: Choose a Micro-Problem

- **What is one, tiny manageable aspect of the larger problem?**

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Step 2: Ask Small Questions

- **"What's the *tiniest* thing I could do *right now* to create a moment of calm?"**

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Step 3: Take Small Actions

- **The actions should be so small that failure feels almost impossible.**

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Step 4: Reward Small

- **Acknowledge and celebrate even the smallest achievements.**

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Step 5: Focus on Small Problems

- **Zoom in on the smallest, most immediate problem you *can* solve.**

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Step 6: Recognise Small Moments

- **This increases awareness and gratitude.**

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Once you have a plan, remember to chart it using the 66-Day Kaizen Challenge Calendar to measure your progress and celebrate your achievements!