

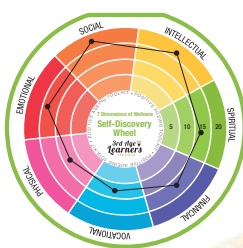
How to use the Positive Ageing Toolkit



Step 1

Discover Your Wellness Levels

Answer the questions on the 7 Dimensions of Wellness and tabulate your scores for each dimension.



Step 2

Mapping It Out

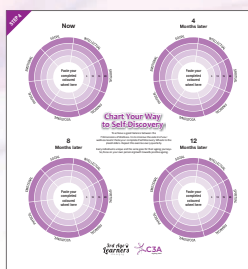
Using scores for each dimension, plot on the Self-Discovery Wheel and join up the points (as shown).



Step 3

Next Steps

Check out our network of resources to participate in various programmes and activities.



Step 4

Chart Your Progress

Paste your completed Self-Discovery Wheels to the placeholders on the progress chart. Repeat this exercise every quarterly.



Step 5

Be Inspired

52 inspirational cards to keep you inspired throughout the year! Read a card each week to spur on your self-discovery, growth and learning passion.