



WELCOME TO THIS HOUR OF INSPIRATION FOR YOUR WELL-BEING

CONTENT:

- Guided design of your individual vehicle for well-being
- Explore evidence based content on the impact of resilience on your well-being
- Take the opportunity to reflect, and evaluate which parts need attention

OUTCOMES:

- Learn a simple language to comfortably talk about well-being
- Create visual aids to retain your new awareness
- Self-assessment and identification of your unique individual needs



**READY TO BE
YOUR OWN
MECHANIC?**



MOT 4U - Playbook

Thank you for investing in the MOT 4U – an individual “vehicle for wellbeing”.

Run time on the file is half an hour, however everyone will have different reflective pauses. The more you take time to reflect, the more you are likely to learn. I would therefore recommend allowing approximately one hour to complete the session.

There will be a variety of people that choose to access the MOT 4U:

- 1) I want to read all of the instructions before I do anything further, please guide me through
- 2) I've looked at the attachment, what do I do with that?
- 3) I've listened to the podcast already, now what?

The recommended process is:

- Listen to the podcast, pausing as recommended when listening (Part One)
- Complete the “service plan” (Part Two)
- Explore it with others (Part Three)



Hazard warning – there is no “right” way to do this, there is “your way”.
It is your life, your context, and YOUR well-being.
How you experience the MOT 4U will be determined by how you implement ideas in the context of YOUR own life.





Part One

- You may wish to print the “service” plan so that you have it ready for Part Two (you can print later though of course)
- Get yourself a sheet of A4 paper or larger
- Grab a pen, coloured pens, pencils or sharpies if that’s your thing
- Find yourself somewhere quiet to sit (or a standing desk), where you won’t be disturbed.
- Grab your favourite drink, snack, light a scented candle – create a really relaxing space for yourself.
- Tell whoever you need to, that the next hour is for you, and not to interrupt
- Turn your phone off (or if you’re using it for this, turn all the notifications off. I promise, it will be worth the effort, so that you are 100% focussed on investing time in yourself).
NOTE – I find that never having notifications turned on is quite a revelation, so you may benefit after if you omit to turn them back on!
- Turn your paper to landscape view
- Settle in, and press play
- Remember to hit pause when suggested. This reflection time is important.

Part Two

- Open the “service” plan (or print if not done so already)
- Work through the questions on the service plan, based on your insights from creating your own vehicle
- Take a photograph of your plan, so you have it available for reference and reminder
- The plan includes a date at which you will review again – add this date to your diary/add a phone reminder.
- Email a picture of your car to sheela@bluegreencoaching.com for inclusion in the “Car Showroom” – don’t worry, it will be shared anonymously

Part Three

- Talk to someone else about your “vehicle” – this helps us to embed learning
- Share with them what you plan to do (committing to others seems somehow easier than to ourselves!)
- Do what you said you would do!
- Diarise your check-in date (or you can even send yourself a “letter” using futureme.org)





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What now? Which of these describes where you are at...

That was great but maybe you want to explore things in a bit more depth?

You may have opened up some areas that go a bit deeper than this short reflective experience. Coaching conversations are super powerful in getting to the root of our challenges, and more importantly, helping find ways to deal with them, and get on with enjoying life, so it could be worth dedicating a little more time to this, with a trained thinking partner.

[Book a call to discuss with Sheela @ bluegreen Coaching now!](#)

That was great, I've got some ideas to go and experiment with...

Proceed straight to feedback section a few minutes of your time will continually enhance this programme for others following in your footsteps, like your pay it forward gift to the future!

Feeling more confused than when you started?

How are things for you right now...really? Are you feeling a bit foggy and things don't make sense? Maybe a break is needed?

This article might help you decide ["When Is The Right Time to give Mental Health A Break?"](#)

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FEEDBACK:

What went well? What would make it even better?

Complete your feedback at bit.ly/mot4ufeedback



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