

Occupational Wellbeing Plan

This plan is written, maintained, and kept by you.

Occupational Wellbeing

Do I have or need a job?

Does my job support my recovery goals?

Am I satisfied in my line of work?

Am I able to managed my workloads and meet objectives?

Are there any other questions I need to ask myself?

I have considered the above questions

Recovery Goal

Steps i need to take to to acheive my goal

Whom do I require support from?

Timescale to acheive these goals

Notes
