



CALM ACTION PLANNER

C -CONNECT WITH ME

Planning for CALM

The CALM model sets out the four dimensions which are key to a calmer, happier and healthier life. Using the CALM model to reflect on what you need right now can help you to start developing your 1% CALMer plan to be at your best. Remember - to do well, you need to be well

- * Think about what each of the CALM dimensions mean to you in practice
- * Take each dimension in turn and score out of 10 where you feel you are right now with each one
- * Note down your scores on the axis for each of the four CALM dimensions
- * Reflect on your scores - where are you strong and where are there gaps?
- * Note down one tiny step that you could take for each of the four CALM dimensions to increase your score in the next week

