



MY WELLBEING JOURNAL



 **IOM**
UN MIGRATION



PERSONAL DETAILS

NAME

CONTACT DETAILS

This journal serves as a personal notebook for the Staff Welfare platform “My Wellbeing”.
To explore the platform, please contact swo@iom.int

MY OWN STORY

My key
learning points

Significant
people in my life:
teachers and
mentors



MY PURPOSE AND VALUES

My sense
of purpose is

My values are

What helps you to adhere to your purpose
and values in your daily work?



What could get in the way of you demonstrating your values and purpose?



TIMES WHEN I COMPROMISED

Example one

Example two

What were the reasons?

How did you feel afterwards?

What have you learned about your bottom line for compromise?

APPROACHES TO WORK

CHARACTER STRENGTH	DESCRIPTION	EXTENT TO WHICH I DEMONSTRATE THIS QUALITY
Creativity and curiosity	Originality that is adaptive, exploration/ seeking novelty appropriately.	
Critical thinking and sense of perspective	Good centred judgement and rationality taking the wider view into account.	
Bravery and courage	Facing fears, confronting adversity, taking risks wisely.	
Perseverance	Keeping going, overcoming all obstacles.	
Honesty	Being authentic.	
Zest	Being enthusiastic.	
Kindness and compassion	Thinking and doing for others.	

Social intelligence	Awareness to obvious and subtle cues and messages in interactions.	
Team work	Collaborative and working together.	
Fairness	Being considerate of all as much as possible.	
Leadership	Demonstrates collective and inclusive behaviour.	
Forgiveness	Being helpful, acknowledging and acting on need for forgiveness.	
Humility	Being modest and unassuming.	
Prudence	Being careful, wise and good at making judgements.	
Self-regulation	Good at managing and accepting self. Secure person.	
Gratitude	Demonstrates gratefulness.	
Hope	Is generally hopeful	
Humour	General positive mood and appropriate use of humour.	
Values based	Has integrity	

APPROACHES TO WORK

What are your negative qualities?

e.g. moodiness, not sticking to deadlines regularly

What helps you maintain your strengths and negative qualities?

How willing are you to change?

YOUR NEW APPROACH

What new behaviours are you willing to adopt?

WHAT IF...?

IF _____

PLAN _____

IF _____

PLAN _____

IF _____

PLAN _____

COMPASSION

How compassionate were you six months ago?
What is the difference?

What will you do to remain compassionate?

PROBLEM SOLVING

How good is your problem solving?
What is your evidence?

How effective are you at identifying the actual problem and developing the most appropriate solution?

VERY
GOOD

NEED TO
IMPROVE

COGNITIVE FLEXIBILITY

Think of how you have approached difficult situations and problems.

How differently did you handle each situation?

How new were your solutions?

Where would you rate yourself on this scale?

NOT
COGNITIVELY
FLEXIBLE

EXTREMELY
COGNITIVELY
FLEXIBLE

COPING AND WELLBEING

HEALTHY LIVING

FOOD How much did you stick to meal times? How healthy was what you consumed?

ACTIVITY How fit are you? What more could you do? How are you going to achieve this?

SLEEP What is your sleep pattern? How beneficial is it?

BREATHING How good is your breathing?

EMOTIONAL SUPPORT

Who do you have in your life that will be there for you no matter what?

What is the quality of this support? Good enough or is more needed?

What can you do to improve the quality of this support?

EMOTIONAL REGULATION

What have you learned about your own
emotional regulation?

MY STRESSORS

What are your top five stressors?

1. _____

2. _____

3. _____

4. _____

5. _____

YOUR KEY STRENGTHS AND AREAS FOR CHANGE

AREA	SUMMARY
<p>From your history</p> <p>What did you learn about coping from your past? Positives and negatives.</p>	
<p>Purpose, values and compromise</p> <p>How do these influence your positive and negative coping strategies?</p>	
<p>Approaches to work</p> <p>What are you willing to change?</p>	

<p>Positive approach</p> <p>How positive is your approach?</p>	
<p>Problem solving</p> <p>How well do you problem solve- positive and negative?</p>	
<p>Cognitive flexibility</p> <p>How flexible is your thinking? How rigid can you be? Why?</p>	
<p>Healthy living</p> <p>How healthily do you live? What are your negative habits?</p>	
<p>Emotion</p> <p>How helpful is your emotional support? How good are you at regulating your emotions?</p>	
<p>In an emergency</p> <p>What are your positive and negative coping habits?</p>	

MY PLAN

Priority learning and action points:

1. _____

2. _____

3. _____

4. _____

5. _____

If you have any questions, please contact Staff Welfare swo@iom.int



**STAFF HEALTH
AND WELFARE**
IOM HUMAN RESOURCES ● ● ● ●

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