Software Developer Wellbeing Plan
Awareness - What do you want?

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Name :   **Date :**

The Problem: Do You Know What You Really Want?

Many of us forget to ask ourselves what truly drives us, what makes us happy, and what we want to achieve, getting caught up in the day-to-day routine of life.

Software developers are no exception, spending countless hours at our desks and forgetting to take a step back to ask, "What do I really want?".

It's easy to exist habitually rather than consider what we want and go for it.
I've been there.

When you understand what you want, you go about your day more purposefully and can be a lot more confident in your decisions.

What do you really want?

Let's start by creating awareness about what you really want and break free from the monotonous habitual daily routine.

Rather than trying to answer this giant, all-encompassing question of, "What do/don't you really want?", we can break it down to make it more manageable.

Consider what you WANT and what you DON'T WANT in the context of:

- Your time
- Your Family
- Your career
- Your hobbies
- Your mental health
- Your physical health

You can find the sections to fill in below.

Take it beyond material things, consider how you want to think and feel, what activities you want to do, places to visit, people to spend time with... or not...

You might find it easier to start with what you don't want...

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Example:

—> I DON'T WANT

  Your time
...to spend time commuting
  Your family
...to be distracted spending time with my children
  Your career
...my career to stagnate
  Your hobbies
...to be too busy that I can't play squash
  Your mental health
...to feel angry / anxious / stressed...
  Your physical health
...to be overweight

Example:

—> I WANT

  Your time
...to spend more time with family & friends
  Your family
...to be present with my children
  Your career
...to explore my options for growth
  Your hobbies
...to play squash 3 times a week
  Your mental health
...to feel positive / confident / optimistic
  Your physical health
... to be a healthy weight and feel energetic

* Sometimes 1 or 2 words will do e.g. Healthy, Confident, More Energy... and
you can list them using your favourite delimiter... or just a comma! 😁

DON'T WANTS	DO WANTS
Time	**Time**
Family	**Family**

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DON'T WANTS	WANTS
Career	**Career**
Hobbies	**Hobbies**
Mental Health	**Mental Health**
Physical Health	**Physical Health**

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Build Awareness

Track your "Wants" and "Don't Wants" by recording if they occur in your day.

For example, record every time you go for a run or catch yourself mindlessly scrolling through social media. Record when you feel low on energy or have been thinking quite negatively...

By tracking these occurrences, you can recognize patterns, gain insight into your behaviours and habits, and make changes that align with what you want.

Day 1	Day 2

Day 3	Day 4

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Build Awareness

Day 5	Day 6

Day 7	Day 8

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How does your current reality compare to how you want things to be?

Your life is filled with stuff, some of which you want and some of which you don't want.

Over time, if you can increase the things you want and reduce the things you don't want... I bet that you'll be leading a much happier existence.

I probably can't put it simpler than that...

Commit to making a change.

Make a commitment to fit in at least one thing from your wants list into each day and commit to remove or reduce from your day, one thing from your don't wants list.

Want

I commit to adding...
_____
_____

Because...
_____
_____

Don't Want

I commit to reducing/removing...
_____
_____

Because...
_____
_____

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Track your progress.

Keep track - over the next few weeks, see how many days you can manage to stick to your commitment.

Remember, it's not about perfection, it's about improvement, and it's not about creating time; it's about prioritising the things you want above the things you don't want.

☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
☐ 6	☐ 7	☐ 8	☐ 9	☐ 10
☐ 11	☐ 12	☐ 13	☐ 14	☐ 15
☐ 16	☐ 17	☐ 18	☐ 19	☐ 20
☐ 21	☐ 22	☐ 23	☐ 24	☐ 25
☐ 26	☐ 27	☐ 28	☐ 29	☐ 30

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Interested in how I can help you or your software development team?
Check out my website and connect with me on LinkedIn.

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