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| **REFLECTIVE JOURNAL SHEET** |
| **Learner Name** |       |
| **Workplace/Organisation** |       |
| **State/Territory** |       |
| **Date Completed** |       |

**To the learner:** This task aims for you to recognise factors that impact your wellbeing in the workplace. Please answer each question/statement below as honestly as possible.

**YOUR WORK/JOB ROLE**

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| 1. **Name your work/job role**
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| 1. **To whom are you reporting to?**

*Indicate only their work/job role.* |
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| 1. **List at least three work tasks that you do on a regular basis.**
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| 1. **List at least three work tasks that you do or are assigned to do from time to time.**
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| 1.
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| 1.
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| 1. **List at least three things that you most enjoy about your work role/task.**
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| 1.
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| 1.
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| 1.
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| 1. **List at least three things that you least enjoy about your work role/task.**
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| 1.
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| 1.
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**FACTORS THAT MAY IMPACT OVERALL WELLBEING**

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| 1. **List at least three personal factors that affect your overall health and happiness.**

*These factors can have both positive and negative impact on your overall wellbeing.* |
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| 1.
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| 1. **For each personal factor identified, describe how it affects your wellbeing.**

*Responses can relate to how each specific factor affects you physically, mentally, emotionally, or socially.* |
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| 1. **List at least three workplace factors that affect your overall health and happiness.**

*These factors can have both positive and negative impact on your overall wellbeing in the workplace.* |
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| 1.
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| 1. **For each workplace factor identified, describe how it affects your wellbeing.**

*Responses can relate to how each specific factor affects you physically, mentally, emotionally, or socially.* |
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| 1. **Name at least three things that you think can support you in improving your overall wellbeing in the workplace.**
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END OF REFLECTIVE JOURNAL SHEET 1