

BE WELL

A SIMPLE FRAMEWORK FOR A HAPPIER,
HEALTHIER, MORE FULFILLING LIFE

*Small
Steps
Big Possibilities* ♥

B

Become aware

Notice your thoughts, feelings, body and behaviours without judgement. Awareness helps you understand what's really going on, so you can make choices that support your wellbeing.



*Notice
with
kindness*

E

Explore

Get curious about what influences you — your experiences, environment, habits, beliefs and needs. The more you understand, the more options you have.



*Curiosity
creates
possibility*

W

Work with yourself

Use what you learn to support yourself, rather than fighting against yourself. This means working with your brain, body and biology — not expecting perfection, but progress.



*Support
not
self-criticism*

E

Experiment

Try small, realistic changes and discover what works for you. There's no one-size-fits-all approach, so give yourself permission to experiment and adjust along the way.



*Small
steps
count*

L

Learn

Reflect on what helped, what didn't, and what you might do differently. Every experience gives you valuable information that can help you make choices that feel even better.



*Progress
over
perfection*

L

Live well

Bring those small changes into everyday life in a way that feels sustainable and meaningful. It's not about doing everything perfectly — it's about creating a life that feels good for you, now and in the future.



*A kinder
healthier
happier you*

Work with yourself, rather than against yourself. ♥

BE WELL WITH BEV
SIMPLE. NOURISHING. REPEATABLE.