

WELLNESS PLAN

PHYSICAL WELLNESS

Make a list of things you want to improve about your body and physical wellness. Focus on areas where you need to make changes. Be specific.

Examples Of Physical Wellness Concerns: Fitness, nutrition, body weight, stress, quality sleep, excessive drinking and drugs, smoking cigarettes, energy levels, aches, and pains and making self-care a priority.

CREATE AN ACTION PLAN

Choose at least three specific areas you want to improve under the Physical Wellness category and make an action plan detailing how you will get there.

For example: To improve your fitness level, make an exercise plan. To improve your stress levels, make a stress reduction plan that includes action steps like meditation and relaxation. To improve nutrition, identify what is lacking and plan healthy menus.

Goals: For each action set short-term and long-term goals.

Goals	Short term	Long term

EMOTIONAL WELLNESS

Make a list of things you want to improve about your emotional wellness. Focus on areas where you need to make changes. Be specific.

Examples Of Emotional Wellness Concerns: Understanding thoughts, feelings and behaviors, expressing emotions appropriately, self-awareness, self-acceptance, confidence, self-control, finding time for leisure, eliminating toxic emotions, self-esteem and self-respect, depression, anxiety and personal growth.

[illegible]

CREATE AN ACTION PLAN

Choose at least three specific areas you want to improve under the Emotional Wellness category and make an action plan detailing how you will get there.

For example: If you are generally negative, learn to practice positive thinking and optimism. If you don't know who you really are, take the time to find out.

Goals: For each action set short-term and long-term goals.

Goals	Short term	Long term

MENTAL WELLNESS

Make a list of things you want to improve about your Mental Wellness. Focus on areas where you need to make changes. Be specific.

Examples Of Mental Wellness Concerns: Creativity, memory, focus, concentration, clear thinking, critical thinking, the ability to think independently, addressing depression or other mental disorders, and promoting brain health.

[illegible]

CREATE AN ACTION PLAN

Choose at least three specific areas you want to improve under the Mental Wellness category and make an action plan detailing how you will get there.

For example: To improve your focus and concentration, engage in meditation practices. If depression is a concern, see your doctor and talk to your holistic health practitioner.

Goals: For each action set short-term and long-term goals.

Goals	Short term	Long term

SOCIAL WELLNESS

Make a list of things you want to improve in the area of Social Wellness. Focus on areas where you need to make changes. Be specific.

Examples Of Social Wellness Concerns: Developing a sense of connection, belonging and support with humans, basing relationships on commitment, trust, honesty and respect, maintaining healthy relationships, being there for the people you care about and contributing to the well-being of the community.

[illegible]

CREATE AN ACTION PLAN

Choose at least three specific areas you want to improve under the Social Wellness category and make an action plan detailing how you will get there.

For example: To improve relationships with your partner or to begin to have healthy relationships, discover, and work on your own personal issues. To become more engaged in the community, go out more, participate in a volunteer program.

Goals: For each action set short-term and long-term goals.

Goals	Short term	Long term

WELLNESS OF SPIRIT

Make a list of things you want to improve in the Wellness Of Your Spirit. Focus on areas where you need to make changes. Be specific.

Examples Of Spirit Wellness Concerns: Achieving balance in life and a healthy center, satisfaction with your capacity for living, seeking meaning, value and purpose in your life, personal faith practices, inner peace and calm, living by your personal set of morals and values, having a zest for life and living, gratitude, living in the moment, personal fulfillment, and feeling connected to the universe.

[illegible]

CREATE AN ACTION PLAN

Choose at least three specific areas you want to improve under the Spirit Wellness category and make an action plan detailing how you will get there.

For example: To gain a sense of inner calm and peace practice yoga, mindfulness and meditation. If you are lacking personal fulfillment, identify what is lacking in your life and plan to do what would make you feel fulfilled.

Goals: For each action set short-term and long-term goals.

Goals	Short term	Long term

FINANCIAL WELLNESS

Make a list of things you want to improve in the area of the Financial Wellness category. Focus on areas where you need to make changes. Be specific.

Examples of Financial Wellness Concerns: Learning to successfully manage financial expenses, doing everything possible to avoid financial stress, planning and budgeting, making any necessary changes whenever possible to improve financial situations, and accepting your financial limitations and living within your means.

[illegible]

CREATE AN ACTION PLAN

Choose at least three specific areas you want to improve under the Financial Wellness category and make an action plan detailing how you will get there.

For example: To better manage money, create a strict budget, plan action steps to help you better live within your means, for example, if you have trouble with spending see a therapist and have someone else manage your money for you until you learn to. To improve your financial situation, consider a career or job move, or possibly going back to school.

Goals: For each action set short-term and long-term goals.

Goals	Short term	Long term

OCCUPATIONAL WELLNESS

Make a list of things you want to improve in the area of Occupations Wellness. Focus on areas where you need to make changes. Be specific.

Examples Of Occupations Wellness Concerns: Being satisfied with the work you do and reaching a harmonious fit between who you are and what you're called to do. Maintaining a balance between work, home, and play, managing work-related stress, maintaining healthy relationships with co-workers and making sure your work environment is in line with your values.

[illegible]

CREATE AN ACTION PLAN

Choose at least three specific areas you want to improve under the Occupational Wellness category and make an action plan detailing how you will get there.

For example: If you are a workaholic, seek professional help. If the work you do makes you miserable, plan how to make a change. If you want to make a career change, make a list of how you can do that. If work is interfering with your home life, make a plan to limit hours at work and set aside specific times to spend with your family.

Goals: For each action set short-term and long-term goals.

Goals	Short term	Long term



QUALITY OF LIFE WELLNESS

Make a list of things you want to improve about your Quality Of Life Wellness. Focus on areas where you need to make changes. Be specific.

Examples Of Quality Of Life Wellness Concerns: General satisfaction and joy in living, waking up each day and looking forward to what it may bring, energy and vitality in regards to living, living in a comfortable environment, feeling well and able to conquer to each day, and achieving balance between all the areas wellness previously mentioned.



CREATE AN ACTION PLAN

Consider how you will improve your Quality Of Life Wellness and make an action plan detailing how you will get there.

For example: You can simply plan to address all the other areas of wellness in this worksheet, to improve your overall quality of life. If you need to work on feeling more joyful and happy in general, identify what prevents these emotions and how you can make changes, perhaps you simply need to find leisure time to do what you love.

Goals: For each action set short-term and long-term goals.

Goals	Short term	Long term

ACHIEVEMENTS

[illegible]

[illegible]