

MY WELLNESS PLAN

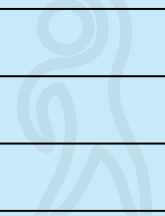
Please choose three areas below that you feel the need to focus on. Then establish goals you wish to accomplish over the next three months. There are questions below each heading to assist you in determining the areas that may need attention.

Remember, goals should be S.M.A.R.T goals: Specific, Measureable, Attainable, Relevant, and Time Bound. Example: A goal would be “I want to eat better,” whereas a S.M.A.R.T goal would be “I will eat one cup of vegetables with dinner five nights this week.”

Physical:

- Am I getting enough physical activity?
- Do I drink enough water?
- Am I getting enough sleep each night?
- Am I eating a healthy diet?
- Do I practice stress-reducing techniques?

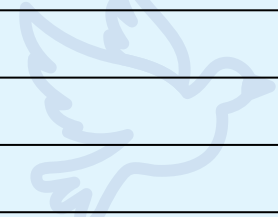
My goal is to:



Spiritual:

- Am I aware of what values are most important to me?
- Do I participate in meditation, prayer, or yoga?
- Have I spent time in nature recently?

My goal is to:



Emotional:

- Do I have a sense of self worth?
- Do I appropriately express my feelings to others (joy, happiness, love, anger, sadness, etc.)?
- Do I maintain a positive outlook most of the time?

My goal is to:

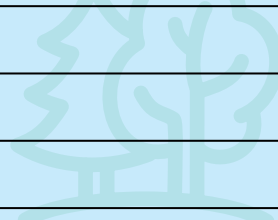


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Environmental:

- Do I have a place to go where I feel safe?
- What type of environment brings about a sense of calm in my life?
- Do my surroundings encourage good physical and mental health?

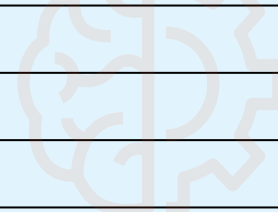
My goal is to:



Intellectual:

- Have I read a book lately?
- Have I worked on improving my memory?
- Have I tried a new activity such as learning a new language, writing a poem, learning a new instrument?
- Is there a class that I could enroll in to learn something new?

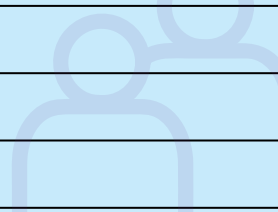
My goal is to:



Social:

- Do I feel free from loneliness or isolation?
- When making a decision, do I seek advice from peers or support groups?
- Do I feel close to immediate or extended family?
- Is there someone I can call if I need support?
- Do I have at least one social connection each day?

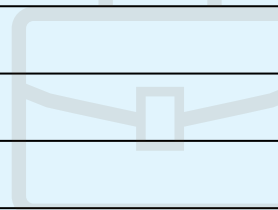
My goal is to:



Occupational:

- Do I find my work (paid or unpaid) is meaningful?
- Where do I want to be in the next five years in my career?
- Do I seek mentorship or advice from leadership?

My goal is to:



Financial:

- Do I have a retirement account or other plan for my financial future?
- Do I have a monthly budget?
- Do I know where I spend my money?

My goal is to:



I choose to implement these wellness goals to the best of my ability.

My Signature

Support Person's Signature

Date