

# My Wellness Plan ( \_\_\_ / \_\_\_ / \_\_\_ )

*Use this tool to track your progress as you focus on your mental wellbeing. You may find that you have some “Gaps.” That is perfectly normal.*

*To begin, think about each of the Wellness Elements, and what you do on a daily, weekly and monthly basis.*

*When you are through, you probably will see some gaps.... This is OK. Think of it as an opportunity to create a new practice for yourself.*

*NOW. Be creative and write down a new practice or GOAL. Push yourself outside of your comfort zone if needed... Imagine and picture this as part of your future.*

**The GOAL should be SMART: Specific, Measurable, Achievable, Relevant and Timely**

*Revisit this Plan every 90 days, to track your progress. And remember, to be kind to yourself along the Journey.*

ELEMENT	BE MINDFUL OF:	DAILY	WEEKLY	MONTHLY	OPPORTUNITIES
<u>Physical</u>	<ul style="list-style-type: none"> <li>• EXERCISE</li> <li>• NUTRITION</li> <li>• SLEEP</li> </ul>				
<u>Emotional</u>	<ul style="list-style-type: none"> <li>• PRACTICE BEING NON-REACTIONARY</li> <li>• MANAGE YOUR STRESS</li> <li>• BE KIND...TO YOURSELF (&amp; OTHERS)</li> <li>• BE OPEN &amp; HONEST ABOUT FINANCES W/ YOUR SIGNIFICANT OTHER</li> <li>• BE HONEST WITH YOURSELF &amp; THE PEOPLE YOU TRUST ABOUT YOUR FEELINGS</li> </ul>				
<u>Spiritual</u>	<ul style="list-style-type: none"> <li>• QUIET YOUR MIND</li> <li>• BE PRESENT</li> <li>• HELP OTHERS</li> <li>• FIND YOUR PURPOSE</li> </ul>				
<u>Social</u>	<ul style="list-style-type: none"> <li>• DON'T ISOLATE</li> <li>• SOMETIMES YOU HAVE TO MAKE THE FIRST MOVE</li> <li>• STAY CONNECTED TO OTHERS</li> </ul>				
<u>Professional</u>	<ul style="list-style-type: none"> <li>• CREATE YOUR ENVIRONMENT</li> <li>• SET LIMITS</li> <li>• GROW YOUR BRAND</li> </ul>				
<u>WHAT'S IMPORANT TO YOU</u>					