

Name:

Date:

## My Personal Wellness Plan: Creating a Personal Wellness Plan

In this handout, you will create a personal wellness plan based on the **four dimensions of wellness**.

### STEP 1: DESCRIBE YOUR WELLNESS

Describe how you feel each dimension of your wellness is right now.

*Spiritual:*

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*Emotional:*

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*Mental:*

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*Physical:*

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Which areas of wellness do I need to work on to have balanced wellness in my life?

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## STEP 2: SET GOALS FOR EACH DIMENSION OF WELLNESS

To set wellness goals, think about what you want to achieve and what you believe is reasonable.

*Spiritual:*

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*Emotional:*

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*Mental:*

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*Physical:*

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## STEP 3: CREATE A WELLNESS PLAN

Choose some **cultural activities** that you can do and that you believe will help you reach your wellness goals. Remember you are not alone on your wellness journey: there are many **sources of support**.

On the next two pages, write some of these down in the spaces provided. When you have participated in a cultural activity, write it down in the **Reflecting and Keeping Track** section so you can remember important aspects of the experience and how it helped you move toward your wellness goals.

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Spiritual Well-being	Emotional Well-being
<p><b>Cultural activities I will do to improve spiritual wellness:</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p><b>Cultural activities I will do to improve emotional wellness:</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>
<p><b>Sources of Support:</b></p> <p>_____</p> <p>_____</p>	<p><b>Sources of Support:</b></p> <p>_____</p> <p>_____</p>
<p><b>Reflecting and Keeping Track:</b></p> <p>Activity 1 Reflection:</p> <p>_____</p> <p>_____</p> <p>Activity 2 Reflection:</p> <p>_____</p> <p>_____</p> <p>Activity 3 Reflection:</p> <p>_____</p> <p>_____</p> <p>Activity 4 Reflection:</p> <p>_____</p> <p>_____</p>	<p><b>Reflecting and Keeping Track:</b></p> <p>Activity 1 Reflection:</p> <p>_____</p> <p>_____</p> <p>Activity 2 Reflection:</p> <p>_____</p> <p>_____</p> <p>Activity 3 Reflection:</p> <p>_____</p> <p>_____</p> <p>Activity 4 Reflection:</p> <p>_____</p> <p>_____</p>

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Mental Well-being	Physical Well-being
<p><b>Cultural activities I will do to improve mental wellness:</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	<p><b>Cultural activities I will do to improve physical wellness:</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>
<p><b>Sources of Support:</b></p> <p>_____</p> <p>_____</p>	<p><b>Sources of Support:</b></p> <p>_____</p> <p>_____</p>
<p><b>Reflecting and Keeping Track:</b></p> <p>Activity 1 Reflection:</p> <p>_____</p> <p>_____</p> <p>Activity 2 Reflection:</p> <p>_____</p> <p>_____</p> <p>Activity 3 Reflection:</p> <p>_____</p> <p>_____</p> <p>Activity 4 Reflection:</p> <p>_____</p> <p>_____</p>	<p><b>Reflecting and Keeping Track:</b></p> <p>Activity 1 Reflection:</p> <p>_____</p> <p>_____</p> <p>Activity 2 Reflection:</p> <p>_____</p> <p>_____</p> <p>Activity 3 Reflection:</p> <p>_____</p> <p>_____</p> <p>Activity 4 Reflection:</p> <p>_____</p> <p>_____</p>