

# Personal Plan For Wellness

***Weekly SMART Goal Statement:***  
**(Specific, Measurable, Action-based, Realistic, Timeline)**

**How working on this GOAL will INCREASE my Wellness:**

## **Physical** (Self-Care, Physical Activity, Healthy Eating, Safety)

**Last Week's "Snapshot"...**

*Worst Ever*   1   2   3   4   5   *Best Ever*

**This Week's Plan...**

## **Social** (Relationships with YOURSELF and OTHERS)

**Last Week's "Snapshot"...**

*Worst Ever*   1   2   3   4   5   *Best Ever*

**This Week's Plan...**

**Psychological (matters of the HEAD and HEART)**

**Last Week's "Snapshot"...**

*Worst Ever*   1   2   3   4   5   *Best Ever*

**This Week's Plan...**

**Spiritual (Sense of IDENTITY, MEANING and PURPOSE)**

**Last Week's "Snapshot"...**

*Worst Ever*   1   2   3   4   5   *Best Ever*

**This Week's Plan...**

**Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)**

**Last Week's "Snapshot"...**

*Worst Ever*   1   2   3   4   5   *Best Ever*

**This Week's Plan...**