

# Personal Plan For Wellness

**What IMPACT will these SMART-Goal Plans have on my Wellness?**  
**(Specific, Measurable, Action-based, Realistic, Timeline)**

**One example of how ONE of my plans contributes to  
 or interconnects to the other dimensions:**

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

**Self-Reflection ``Snapshot`` ...**

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

**This Week's SMART-Goal Plan...**

**Challenges & Alternatives:**

**Supports Needed:**

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

**Self-Reflection ``Snapshot`` ...**

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

**This Week's SMART-Goal Plan...**

**Challenges & Alternatives:**

**Supports Needed:**

## Psychological (Matters of the HEAD and HEART)

### Self-Reflection ``Snapshot`` ...

Worst Ever 1 2 3 4 5 Best Ever

### This Week's SMART-Goal Plan...

**Challenges & Alternatives:**

**Supports Needed:**

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

### Self-Reflection ``Snapshot`` ...

Worst Ever 1 2 3 4 5 Best Ever

### This Week's SMART-Goal Plan...

**Challenges & Alternatives:**

**Supports Needed:**

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

### Self-Reflection ``Snapshot`` ...

Worst Ever 1 2 3 4 5 Best Ever

### This Week's SMART-Goal Plan...

**Challenges & Alternatives:**

**Supports Needed:**

