

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: