# Miss Foley

Well10: W1 Wellness Intro **PPW Guide**

**Personal Plan for Wellness: “How to” Guide**

**Step 1 – Go to Personal Plan for Wellness (PPW) website.**

* [www.liveitup4life.com](http://www.liveitup4life.com) – Wellness 10 – Personal Plan for Wellness

**Step 2 – Gather the following documents together before starting:**

* SMART Goals – handout in binder or take note of the SMART image on the PPW website
* Quick Glance Dimension Criteria for Wellness – handout in binder or download from PPW website.
* Personal Plan for Wellness: Google Doc – open View Only Copy from PPW website. Using the File menu option, make a copy for your own personal Google Drive.
* Be sure to click the title in the top left corner of the document to rename it to reflect this format “**PPW\_Your Name\_Current Date**”. You will have to be able to identify and track multiple PPW versions by the end of the semester.
* Be sure to double click the header of the document to fill in your name & assignment date at the top of your PPW.
* Personal Plan for Wellness Rubric – handout from binder or download from PPW website. It is highly recommended that you look through the expected criteria for a quality PPW before you start.

**Step 3 – Complete “Snapshot Reflections”**

* Using the Quick Glance Dimension Criteria, reflect and journal on each of the criteria for each of the dimensions of your Wellness to create your Snapshot Reflections.
* Underline the ranking number that reflects your overall Snapshot Ranking.

**Step 4 –Set & Explain SMART Goal Plan**

* Choose a SMART goal to focus on for the length of the PPW. Consider which dimensions you would like to focus on improving and which dimensions you would like to focus on maintaining in order to keep your overall PPW simple, effective, and manageable. SMART goals can be either improvement or maintenance goals.
* Be sure to follow up with who, what, where, when, why details of your plan to accomplish your SMART Goal.

**Step 5 – Consider Challenges & Alternatives**

* Consider Challenges - potential “speed bumps” or things that could go wrong during your plan.
* Consider Alternatives – potential solutions to the Challenges.

**Step 6 – Determine Supports**

* Determine Supports – supports run the gamut from equipment, technology, environments, reminders, social supports (peer/adult), research knowledge, mentorship, financial resources, etc.
* **Be Specific!** Generic phrases like “My friends”, “my parents” or “my family” will result in being assessed as Progressing Towards (2/4). Be sure to have a conversation with anyone you choose as a peer or adult support person during your plan.

**Step 7 – Reflect on Interconnectedness of Dimensions**

* Answer the remaining intro questions:
* What IMPACT will these SMART-Goal Plans have on my Wellness?
* One example of how ONE of my plans contributes to or interconnects to the other dimensions.

**Step 8 – Proofread for spelling & grammar before handing in.**