



_____ 's 2019 Intentional Wellness Plan

My wellness buddy is: _____

We will discuss our plan on: _____

We will meet weekly at: _____

My overall wellness goal is:

Emotional

My current state of emotional wellness is:

I would like my state of emotional wellness to be:

Three things I can do to move in the right direction are:

- 1)
- 2)
- 3)

Occupational

My current state of occupational wellness is:

I would like my state of occupational wellness to be:

Three things I can do to move in the right direction are:

- 1)
- 2)
- 3)

Physical

My current state of physical wellness is:

I would like my state of physical wellness to be:

Three things I can do to move in the right direction are:



- 1)
- 2)
- 3)

Social

My current state of social wellness is:

I would like my state of social wellness to be:

Three things I can do to move in the right direction are:

- 1)
- 2)
- 3)

Intellectual

My current state of intellectual wellness is:

I would like my state of intellectual wellness to be:

Three things I can do to move in the right direction are:

- 1)
- 2)
- 3)

Spiritual

My current state of spiritual wellness is:

I would like my state of spiritual wellness to be:

Three things I can do to move in the right direction are:

- 1)
- 2)
- 3)