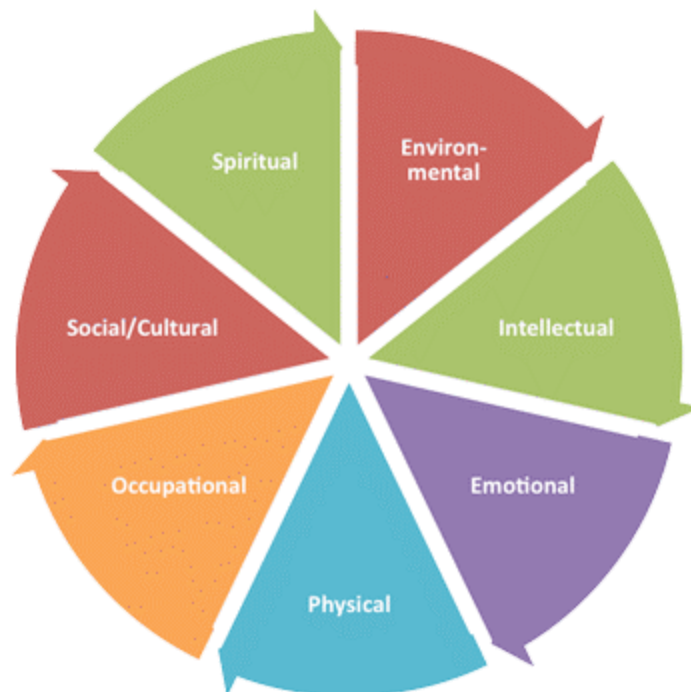


Getting Started: Wellness Vision & Goal Setting

What is wellness?

Wellness can be defined as a state of health, yet it extends beyond physical health. Wellness is a multidimensional state of being. The wellness wheel below includes social, emotional, spiritual, environmental, occupational, intellectual and physical wellness. When all dimensions of wellness are balanced, we are more resilient to life's stressors, **especially occupational burnout**, and more likely to feel happy and satisfied. How balanced is your wellness wheel? Which wellness areas do you think you would like to work on?



A wellness vision is often short, about two sentences or less, and briefly lays out what you would like to see for yourself relating to your overall wellness. It may incorporate what brings value and meaning to your life. It is something that can be changed and modified any time throughout your wellness journey.

Here is are some examples:

“I want to be physically and emotionally present with my children”

“I want to feel rested and energized every morning for work”

Knowing your strengths

Do you know your character strengths? When we leverage our character strengths, we typically are happier, more confident, and able to accomplish our goals. Which strengths might you use to approach lifestyle change?

SMART goal setting

When setting your goals, it is important to make sure they are Specific, Measurable, Attainable, Relevant and Time-Bound.

You can view our SMART goal planning worksheet by [clicking here](#).

Here are some examples:

“I will walk 30 minutes per day during my lunch break, 5 days this week.”

“I am going to manage my portion sizes by making sure half of my plate contains vegetables at every meal. I will stick to just one plate at dinner.”

Produced in support from [Providence Health Plan](#)