HOLISTIC WELLNESS PLAN

SPIRITUAL

EXPANDING SENSE OF PURPOSE AND MEANING IN LIFE

PHYSICAL

RECOGNIZING THE
NEED FOR
PHYSICAL ACTIVITY,
DIET, SLEEP, AND
NUTRITION

EMOTIONAL

COPING EFFECTIVELY WITH LIFE, EMOTIONS, AND DEVELOPING SATISFYING RELATIONSHIPS

AWARENESS

WHERE AM I NOW?

WHAT ARE MY PROBLEMS,

CHALLENGES, AND/OR STRUGGLES?

HOW AM I MISSING THE MARK?

ENVIRONMENTAL

600D HEALTH BY

OCCUPYING PLEASANT,

STIMULATING

ENVIRONMENTS THAT

SUPPORT WELL-BEING

SOCIAL

DEVELOPING A SENSE
OF CONNECTION,
BELONGING, AND A
WELL-DEVELOPED
SUPPORT SYSTEM

60ALS

WHERE DO I WANT TO BE?

MENTAL

(OR INTELLECTUAL)
RECOGNIZING
CREATIVE ABILITIES
AND FINDING WAYS
TO EXPAND
KNOWLEDGE AND
SKILLS

OCCUPATIONAL

PERSONAL SATIFACTION
AND ENRICHMENT
DERIVED FROM ONE'S
WORK

FINANCIAL

SATISFACTION WITH
CURRENT AND
FUTURE FINANCIAL
SITUATIONS

ACTION STEPS

HOW DO I PLAN TO GET THERE?

(THE MORE SPECIFIC THE BETTER)

WELLNSS IS CARING FOR YOUR MIND, BODY, AND SOUL!

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