

HOLISTIC WELLNESS PLAN



AWARENESS

WHERE AM I NOW?

WHAT ARE MY PROBLEMS, CHALLENGES, AND/OR STRUGGLES?

HOW AM I MISSING THE MARK?

GOALS

WHERE DO I WANT TO BE?

ACTION STEPS

HOW DO I PLAN TO GET THERE?

(THE MORE SPECIFIC THE BETTER)

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