# HOLISTIC WELLNESS PLAN

# 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

### SPIRITUAL

EXPANDING SENSE OF PURPOSE AND MEANING IN LIFE

#### 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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