

Personal Well-being Plan



My Purpose, My Whole Health

This Personal Well-being Plan helps you to explore your life's purpose: what really, truly matters to you, and then align your health and well-being choices around it.

PAUSE for a moment. Take a deep breath or two to settle in... Often our greatest insights come when we are unplugged and not thinking!

NOTICE, we often don't take the time to check in with ourselves and consider our life's purpose. Consider these key questions to begin to explore your purpose:

- What really truly matters to me right NOW?
- What really, truly matters to me in the LONG RUN? What is my purpose?
- How is my health connected to my purpose?

My Vitality

Take a moment and notice how are you doing. Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

Physical Well-being				
1 Miserable	2	3	4	5 Great

Emotional/Mental/Spiritual Well-being				
1 Miserable	2	3	4	5 Great

Life Satisfaction: How is it to live your day-to-day life?				
1 Miserable	2	3	4	5 Great



Where Are You and Where You Want to Be

For each area below, consider where you are now and where you would like to be. In the “Where you are” box, briefly write the reasons you chose your number. In the “Where you want to be” box, write down some changes that might make this area better for you. You do not have to write in every area or in all the areas at one time. You might want to start with the easier ones and come back to the harder ones. It is OK just to circle the numbers.



My Purpose

Connecting to your personal values and purpose encourages internal motivation, creates sustainable change and builds resilience. Purpose is essential for our well-being. It's where we find peace, strength, meaning and connection to something larger than ourselves, perhaps nature, faith, or art.

Rate where you are now on a scale of
1 (low) to 5 (high)

1 2 3 4 5

What are the reasons you chose this number?

Where would you like to be?

1 2 3 4 5

What changes could you make to help you get there?



My Relationships

Your relationships with yourself, co-workers, family members, friends, pets and others can either be a source of joy and energy in your life, and fulfill you, or they can drain you.

Rate where you are now on a scale of
1 (low) to 5 (high)

1 2 3 4 5

What are the reasons you chose this number?

Where would you like to be?

1 2 3 4 5

What changes could you make to help you get there?



Power of My Mind

It all begins in the mind. Our incredible minds can bring us peace and joy or add to our stress. Understanding and harnessing the power of the mind is essential for overall well-being.

Rate where you are now on a scale of
1 (low) to 5 (high)

1 2 3 4 5

What are the reasons you chose this number?

Where would you like to be?

1 2 3 4 5

What changes could you make to help you get there?



My Rest and Recharge

Rest and recharge your body and mind with restorative sleep and enjoyable activities. Feeling good starts with quality rest and fun!

Rate where you are now on a scale of
1 (low) to 5 (high)

1 2 3 4 5

What are the reasons you chose this number?

Where would you like to be?

1 2 3 4 5

What changes could you make to help you get there?



My Surroundings

Your physical and emotional surroundings, both at work and in life, can either energize you or drain you. Choose environments that uplift you and give you energy.

Rate where you are now on a scale of
1 (low) to 5 (high)

1 2 3 4 5

What are the reasons you chose this number?

Where would you like to be?

1 2 3 4 5

What changes could you make to help you get there?



Moving My Body

Listening to your body means working with it, strengthening it, and building stamina, balance and flexibility. Moving your body encourages health. While you may have limitations, give some thought to how it feels to be able to move your body.

Rate where you are now on a scale of
1 (low) to 5 (high)

1 2 3 4 5

What are the reasons you chose this number?

Where would you like to be?

1 2 3 4 5

What changes could you make to help you get there?



My Food and Drink

What you eat and drink shapes your energy, mood, weight, and overall health. Make smart choices for a healthier, happier you!

Rate where you are now on a scale of
1 (low) to 5 (high)

1 2 3 4 5

What are the reasons you chose this number?

Where would you like to be?

1 2 3 4 5

What changes could you make to help you get there?

Where Are You and Where You Want to Be



My Career

Engage in your job, education, and hobbies. Choose what to develop to boost productivity, purpose, job satisfaction, growth, and fun. Consider what aligns best with your Meaning, Aspiration, or Purpose.

Rate where you are now on a scale of
1 (low) to 5 (high)

1 2 3 4 5

What are the reasons you chose this number?

Where would you like to be?

1 2 3 4 5

What changes could you make to help you get there?



My Money

Boost your financial skills and make choices that pave the way for a healthier financial future.

Rate where you are now on a scale of
1 (low) to 5 (high)

1 2 3 4 5

What are the reasons you chose this number?

Where would you like to be?

1 2 3 4 5

What changes could you make to help you get there?

My Care Team

Your care team are the people in your life who support your health and well-being. Notice who is currently part of your care team. When thinking about the areas of self-care that you find important, would you add others to your care team (e.g., clinicians, coaches, dieticians, personal trainers, instructors, partners, groups, etc.)?

Communities

You are part of many communities – both the ones you choose to be in and the ones that you don't. When you reflect on these communities, what do you need or want from them? What might they need or want from you? How do you give back to them?

Choose: The Choice is yours

Pause

- Where do you feel inspired to take meaningful action? It doesn't matter what you think you "should" focus on – this is about what you WANT to focus on

Notice

- Reflect on how you rated yourself.
- Did anything surprise you?
- What area or areas are you most drawn to?

Choose

- Is there one small step you could take in that area today?
- How would this change support your life's purpose...today or in the long run?

This Whole Health Personal Well-Being Plan helps you pause and notice so you can make conscious choices that are grounded in YOU, and YOUR PURPOSE. You may find that by using this tool monthly, and collecting additional journal questions in all areas of self-care, you notice changes and are motivated to keep making the types of choices that you feel work best for you. It may be helpful to share your ideas with a friend, family member, or someone on your Care Team.

This reflection process is the foundation of creating a whole health plan to living your purpose.