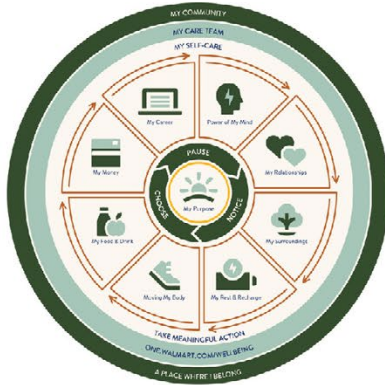


Personal Well-being Plan



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?

Vitality Signs. Now, 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: 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, its 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	Where would you like to be? 1 2 3 4 5
What are the reasons you chose this number?	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, they can 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	Where would you like to be? 1 2 3 4 5
What are the reasons you chose this number?	What changes could you make to help you get there?



Power of My Mind

Everything starts in the mind. Our minds are incredible, they can help us feel good and at ease or can add to our stress and suffering. Our minds can help buffer us from our life circumstances, protecting us from the impact of stress, or they can magnify the impact of the stress.

Rate where you are now on a scale of 1 (low) to 5 (high) 1 2 3 4 5	Where would you like to be? 1 2 3 4 5
What are the reasons you chose this number?	What changes could you make to help you get there?



My Rest and Recharge

Resting and recharging your body and mind are so important to feeling good, this includes restorative sleep and doing fun things that give you energy during the day.

Rate where you are now on a scale of 1 (low) to 5 (high) 1 2 3 4 5	Where would you like to be? 1 2 3 4 5
What are the reasons you chose this number?	What changes could you make to help you get there?



My Surroundings

Your physical surroundings, in your life and work, as well as your emotional surroundings, how you think and feel, can either fuel you or drain you.

<p>Rate where you are now on a scale of 1 (low) to 5 (high)</p> <p>1 2 3 4 5</p>	<p>Where would you like to be?</p> <p>1 2 3 4 5</p>
<p>What are the reasons you chose this number?</p>	<p>What changes could you make to help you get there?</p>



Where Are You and Where You Want to Be



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	Where would you like to be? 1 2 3 4 5
What are the reasons you chose this number?	What changes could you make to help you get there?



My Food and Drink

Fueling and Nourishing is critical to having a healthy body. So much of our life is impacted by what and how we eat and drink. For example, energy, mood, weight, longevity, and overall health are impacted by what food and drinks you choose to put in your body.

Rate where you are now on a scale of 1 (low) to 5 (high) 1 2 3 4 5	Where would you like to be? 1 2 3 4 5
What are the reasons you chose this number?	What changes could you make to help you get there?



My Career

Doing, being, growing in your job, school or personal hobbies. Consider what you choose to develop and how it could support you in productivity, purpose, job satisfaction, advancement and fun.

Rate where you are now on a scale of 1 (low) to 5 (high) 1 2 3 4 5	Where would you like to be? 1 2 3 4 5
What are the reasons you chose this number?	What changes could you make to help you get there?



My Money

Strengthen your financial capabilities and make choices that lead to a healthier financial future.

Rate where you are now on a scale of 1 (low) to 5 (high) 1 2 3 4 5	Where would you like to be? 1 2 3 4 5
What are the reasons you chose this number?	What changes could you make to help you get there?

My Care Team

Notice who is currently part of your care team. When thinking about the areas of self-care that you found 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

Reflect on how you rated yourself. Did anything surprise you? What area or areas are you most drawn to? It doesn't matter what you think you "should" focus on – this is about what you WANT to focus on. Take a moment and pause. 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 tool 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, 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.