

MODULE 10 ACTIVITY

Wellness Plan

Use the following prompts to clarify why your well-being is important to you; identify the concepts, practices, or skills you wish to prioritize; list your goals for improving your well-being; and identify what barriers may get in your way. Be honest with and true to yourself as you reflect on each of the lessons to develop your personalized well-being plan. At any point, you can come back to this plan to remind yourself of your chosen essential ingredients for well-being. Don't base your responses on what you think other people want you to say.

Part 1: Creating my wellness plan

List any values of yours that relate to well-being and why they are important to you:

Looking at your list from the Wellness Activity exercise, list which concepts, practices, or skills you want to focus on first:

Thinking of your values and your chosen practices to focus on, create a list of SMART (Specific, Measurable, Achievable, Relevant, Timely) goals that will let you know you are making progress:

For each SMART goal—or thinking broadly about your overall well-being—what are the biggest obstacles you face? List barriers both within your control (internal) and obstacles that seem beyond your control (external):

For these barriers, identify a strategy you can use to overcome those barriers when they arise.

Tip: Remember the story of Viktor Frankl, who observed concentration camp captives still finding joy in their days. They focused on what was in their control. Internal barriers are often under our control, and in some ways our environment is also under our control (e.g., helping change organizational culture and climate, building new relationships).

Finally, below, write a summary statement that brings together all of these considerations: why you care about your own well-being, what you will focus on, your awareness of your barriers and your strategies for overcoming them, and then your ultimate goals. This is your personal declaration.

Take care!