

STEPS TO LEAPS WELL-BEING

Dimensions of Wellness Action Plan

Personal Assessment

1. What were the results for each wellness dimension?

Dimension	Thriving, Developing, or Needs Attention?
Emotional	
Spiritual	
Intellectual	
Physical	
Environmental	
Financial	
Occupational	
Social	

2. Reflection on Results: What are your initial thoughts on your results? Do you agree? Why or why not?

Well-Being Role Models

Identify individuals you know that you would identify as having good well-being or living a balanced life. What specific things do these people do that seem to help them have a better overall quality of life?

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Individual	What They Seem to Do

Well-Being Feedback

Collecting feedback on your well-being will help identify which areas may need attention. Who could you ask for honest feedback on your overall well-being?

Starting Small

What is one dimension of your wellness that you want to develop?

Goal Setting

What are the well-being goals you want to set to improve that dimension of wellness? Ensure the goals are SMART (Specific, Measurable, Attainable, Relevant, and Timely.)

Well-Being Goals

Dimensions of Wellness Action Plan

Action Plan

Based on the goals that you want to achieve, create a clear action plan of the steps that you will take to meet your goals. Be specific in the identification of the steps that you will take to achieve your goals and set realistic timeframes for completing each step.

Well-Being Steps

Accountability Mentor

Who is an individual or group that you would be able to share this plan with and ask to keep you accountable for your progression through the plan? How and when would you share this plan?