

WELLNESS PLAN EXAMPLE

Action Plan		
The goal I will work <u>on</u> : <i>I will complete one mindfulness activity each day for one week.</i>		
Steps to achieve this goal	Resources needed:	By When:
Identify three to five wellness activities I would like to try.	Wellness activity posters	April 4
Identify when I will use one strategy each day.		April 4
Record and celebrate when I use the strategy each day.	Daily wellness tracking sheet	April 11
Review Date: _____		
<input type="checkbox"/> I have achieved this goal by meeting the criteria specified in the goal achievement statement (s) above	<input type="checkbox"/> I am making progress toward this goal and will keep implementing my action plan	<input type="checkbox"/> I need to make changes to my plan to achieve this goal by revising the goal or changing the action steps

