



Ascension

Creating Your Personal Wellness Plan

This handout serves as a guide to help create your personal wellness plan. It will help kickstart the process to reflect on what you're doing well and areas to improve, along with the process to set goals around the behaviors or activities you identify. If there is not enough space on this handout, you can write your plan on a separate sheet of paper.

What behaviors are you currently engaging in that you want to continue?

Dimension of Wellness	Activity or Behavior to Continue

What behaviors would you like to incorporate to develop or improve within your high priority dimensions of wellness?

Dimension of Wellness	Activity or Behavior to Incorporate

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Setting SMART Goals

A **SMART** goal is a well defined goal with clear parameters which make it easier to track progress and ensure it's attainable within a specific time frame.

S - Specific (states what needs to be accomplished, including actions that need to be taken and who is responsible)

M - Measurable (includes a way to quantify progress, allowing you to track progress toward the goal)

A - Achievable (goal is realistic and attainable given your skills, resources and circumstances)

R - Relevant (the goal aligns with your overall objectives and priorities)

T - Time Bound (your goal has a defined deadline for completion)

Example:

Dimension of Wellness	Activity or Behavior to Incorporate
Social Dimension	Increase time spent with friends

Goal: To reduce feelings of loneliness, I will spend time with friends socially (dinner, dancing, shopping) twice a month.

Create Your Own SMART Goals!

Practice writing your own SMART goals around the behaviors or activities you would like to include as part of your wellness plan.

Dimension of Wellness	SMART Goal

Revisit Your Goals

Make a plan to revisit your goals and reflect on your progress once a week, once a month, or in a timeframe that works for you. Use this time to consider things you could change to meet your goals if you're falling short, or ways to maintain progress you've made. If you find your goals are unrealistic, you can adjust them to ensure they're more attainable.