

GOAL/ACTION

plan for wellness

COPING STRATEGIES/SELF-CARE I WANT TO INCORPORATE IN MY LIFE

Choose coping strategies and self-care techniques that you would like to work on:

1.
2.
3.
4.

SETTING SMART GOALS

S pecific <i>What exactly do you want to achieve?</i>	
M easurable <i>How will you measure your progress or success?</i>	
A chievable <i>Is the goal realistic and achievable? How?</i>	
R elevant <i>How does the goal align with your well-being and self-assessment?</i>	
T ime-bound <i>What is the timeframe for achieving this goal?</i>	

ACTION STEPS

What is the first action you need to take? When will you start?	
What will you do next? Set a deadline for this step.	
List specific actions and deadlines until you've covered all the necessary steps	