



# Personal Wellness Plan

The following steps will help you develop an effective plan to support your personal wellness plan. Just follow these steps...

Step 1: Identify the area of wellness you want to change. When planning a wellness change, it is best to start simple and build from there as you become more familiar with the process. Remember, change takes time and effort. With specific and achievable goals, you can get there! How do you want to enhance your wellness (be specific)? \_\_\_\_\_

Step 2: Identify the benefits to making this change. Knowing why you are making the change will help boost motivation, especially on those days when change seems hard.

Examples:

- I will be happier
- I will be able to spend more time with my friends
- I will be more focused
- I will feel less stressed



What benefits will come from making this change?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Step 3.** Set SMART goals for the change you want to make. We are more likely to accomplish our goals when they are Specific, Measurable, Achievable, Realistic, and Time-bound. Longer-term goals might be a bit broader, whereas shorter-term goals are much more specific. Breaking longer-term goals into smaller, more manageable shorter-term goals will increase the likelihood of successful change. Example: I will develop a more balanced lifestyle by participating in regular physical activity.

Identify your longer-term goal:

\_\_\_\_\_

Next, identify short-term goals that will help you to reach your longer-term goal.

Examples:

- I will prepare my movement clothes/equipment for the next day before I go to bed.
- I will create a mindfulness practice for each week that includes 10 min per day
- Each week, I will read a chapter of a personal development book
- I will get into my bed 30 min early and not look at screens (read, listen to music etc)

What are your short-term goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 4.** Assess your readiness for change. Change can be hard. The more ready we are to make change, the more likely we will be successful with the goals we set. Use the following questions to assess your readiness. If you answer “no” to any of the questions, consider revising your goal or see if there is something that can increase your readiness.

### Readiness for Change

1. Making this change is important to me.  Yes  No
2. I have a positive attitude about my ability to make this change.  Yes  No
3. I am likely to be healthier/be a healthier space if I make this change.  Yes  No
4. If needed, I am able/willing to use resources to make this change.  Yes  No
5. I am willing to devote the time necessary to make this change.  Yes  No
6. The goal I have set is measurable.  Yes  No
7. Knowing what I know about myself, the goal I set is achievable.  Yes  No
8. I can identify others who will support me in this change.  Yes  No

**Step 5.** What are the helpers and the hurdles to making this change? Sometimes we need to draw on other resources or make other changes to support our wellness goals. Consider what factors will help support you in achieving your goals.

Examples of helpers:

- I will ask my friend to come to do some movement with me one time each week.
- I will purchase healthy food each week as it will help my body to feel good.
- I will schedule my wellness change in my phone and set a reminder for 2 hours before.

List your helpers:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

It is normal to run into hurdles that get in the way of your goals. When we can anticipate potential hurdles, we can also make plans to overcome them.

Example of Hurdles:

- I am too tired at the end of the day to be physically active.
- I may not be able to afford healthy food this week.
- Sometimes I struggle with will-power.

List your hurdles:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Think about and list ways you can overcome each of the hurdles you have identified to support your success.

Examples of solutions:

- If I find I am consistently tired on certain days, I will move my activity to a different day or earlier in the day.
- I will text a friend when I am struggling with will-power. We will set up an agreement that my friend will offer encouragement and check in when the activity is done.

List your solutions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_ +

**Step 6.** Setting yourself up for success by modifying your surroundings The people and things around you can influence how likely you are to carry through with new goals or fall back into previous habits or routines. The more supportive your surroundings are, the greater likelihood of your success.

Consider the people in your life and how you might enhance your support networks.

Examples:

- Keep healthy food in my fridge/cupboard; don't buy junk food.
- Set up accountability agreement with friend to support physical activity goals.

How will you build a supportive environment and social network to enhance the success of your goals?

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**Step 7.** Plan rewards! Rewards help to enhance motivation and support intentionality of change. Choose enjoyable, positive rewards to celebrate achievement of your short-term and long-term goals. Remember, you have to be okay not having/using the reward if you do not achieve your goal!

Here are a few hints for rewards:

- Reward yourself as soon as possible after completion of the goal
- Make sure your rewards are meaningful to you!

It's okay to adjust/change rewards throughout the process.

Reward yourself more frequently early on in making the change. As the change becomes more established you can reduce frequency of rewards.

- Use positive encouragement in addition to external rewards

List rewards for your short-term goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List a reward for accomplishing your longer-term goal:

1. \_\_\_\_\_

Examples of rewards:

- I will take 40 minutes before bed to watch my favourite show
- I will treat myself to a pedicure or massage/treatment
- I will buy new clothing to move in when I complete my long-term goal

**Step 8.** Track your progress. Once you've set up your plan, make sure you track your progress as it helps to keep you mentally focused on the change you are making. Remind yourself about the benefits of change. Use your helpers! Remember your plans for overcoming challenges and be proactive in applying these strategies. Create an environment that supports your success...reward yourself and have fun! Here is one example for tracking your progress. This format is helpful as it invites you to reflect on what's working or not working so that you can make changes to the plan that will help get you back on track.

## Personal Wellness Tracking Chart

Date	What did I plan to do	What I did	What helped	What got in the way	How will I overcome this obstacle in the future?

Please also make reference to the wellness tracker sheet.