



FUTURE OF OUR HEALTH

A PERSONAL GUIDE TO HEALTH & WELLNESS

This practical tool is designed to help you take ownership of your well-being across all areas of life. It guides you through reflection, goal setting, and small, consistent actions that support long-term balance and growth.

THIS GUIDE WAS CREATED TO HELP YOU:

- Clarify what wellness means to you
- Identify areas that need more attention
- Set realistic goals that align with your values
- Build healthy habits and routines
- Track your progress and adapt over time

Whether you're just getting started or deepening your wellness journey, this plan gives you structure, clarity, and encouragement to move forward one step at a time.

1. DEFINE WHAT WELLNESS MEANS TO YOU

Personal wellness starts with self-awareness. Defining your vision helps you set meaningful goals that reflect your values—not just trends or expectations. Wellness encompasses more than just physical health; it's about thriving in all areas of life.

Ask yourself the following:

- Why is achieving wellness important to me?
- What does a “well life” look and feel like for me?
- Which areas do I feel strong in? Which needs attention?
- What kind of lifestyle changes would help me feel balanced and fulfilled?

Task: Create a vision for your individual wellness.

Example: “I remain active for my family, feel energized daily, and have confidence in my health and well-being moving forward.”

2. SELF-CHECK: ASSESS YOUR WELLNESS

You can't change and address what you don't assess or measure. Taking inventory of your current habits helps you identify strengths and opportunities for improvement across all areas of life. To start begin taking charge of your health and wellness, take an honest assessment of your current lifestyle. Use this quick inventory to see how you're doing in each dimension of wellness.

WELLNESS DIMENSION

Current Status (rate on a scale of 1-5; 1=poor, 5=excellent)

Physical

Caring for your body through physical activity, nutrition, sleep, and preventive health measures (_____)

Emotional

Understanding, managing, and expressing your emotions in healthy ways. This includes coping with stress, building resilience, and seeking support when needed (_____)

Social

Building and maintaining positive, supportive relationships and connecting with others through shared experiences, communication, and belonging (_____)

Intellectual

Engaging in lifelong learning, creativity, and mental stimulation to expand knowledge, sharpen skills, and nurture curiosity (_____)

Spiritual

Finding meaning, purpose, and connection—whether through faith, values, meditation, or nature—to feel grounded and aligned with what matters most (_____)

Occupational

Finding personal satisfaction and enrichment in your work or daily activities, while maintaining balance and alignment with your values and goals (_____)

Financial

Managing your money wisely, planning for the future, and feeling secure and informed about your financial decisions (_____)

Environmental

Living in harmony with your surroundings by creating safe, clean, and supportive spaces at home, work, and in your community (_____)

3. SET SMART GOALS

SMART goals turn your vision into action. They provide structure, focus, and motivation—making it easier to track progress and celebrate success.

Set 1-2 goals per dimension using the:

SMART method: (Specific, Measurable, Achievable, Relevant, Time-bound)

4. WELLNESS ACTION PLAN

Daily and weekly habits build long-term change. A step-by-step plan helps break big goals into small, manageable actions that fit your real life. Choose small, achievable steps for each dimension.

WELLNESS AREA

Weekly or Daily Action Steps

Physical

Walk 30 minutes 3x/week, eat 2 cups of vegetables daily

Emotional

Journal 3x/week, attend monthly support group

Social

Call a friend each weekend, join a book club

Intellectual

Read 1 article a day, take an online course monthly

Spiritual

Meditate 5 min/day, reflect on gratitude 2x/week

Occupational

Set weekly work boundaries, schedule 1 skill-building activity

Financial

Track spending weekly, review budget monthly

Environmental

Declutter 1 room/week, take nature walks on Sundays



5. MONITOR PROGRESS & REFLECT

Regular reflection keeps you on track and allows you to course-correct with compassion. It builds resilience and reinforces positive momentum.

Use a simple journal, planner, or wellness app to:

- Track your progress (daily/weekly check-ins)
- Celebrate small wins
- Reflect on what's helping and what's hard
- **Tip: Reflection keeps you aligned with your “why” and helps you adjust with intention.**

6. BUILD SUPPORT & RESOURCES

You don't have to do it alone. Support systems and accessible resources increase accountability, reduce isolation, and make your wellness journey more sustainable.

Consider:

- Accountability partners (friend, coach, or support group)
- Resources (books, apps, podcasts, local workshops)
- Inspiration (quotes, affirmations, visual boards)
- **“Wellness is not a solo journey—it grows in community and with support.”**

7. REVISIT & ADJUST MONTHLY

Life is always changing—your plan should be flexible too. Reviewing your progress each month helps you stay aligned and adapt as needed.

Check in with yourself monthly to:

- Refresh your goals based on what's working
- Address new life changes or priorities
- Shift focus to a different wellness area if needed

FINAL THOUGHT: BALANCE OVER PERFECTION

Wellness isn't about doing everything right—it's about doing what's right for you. Progress, not perfection, is the key to lasting health and fulfillment. Wellness is a lifelong journey. Honor your growth and give yourself grace along the way.