

# Wellness Is...

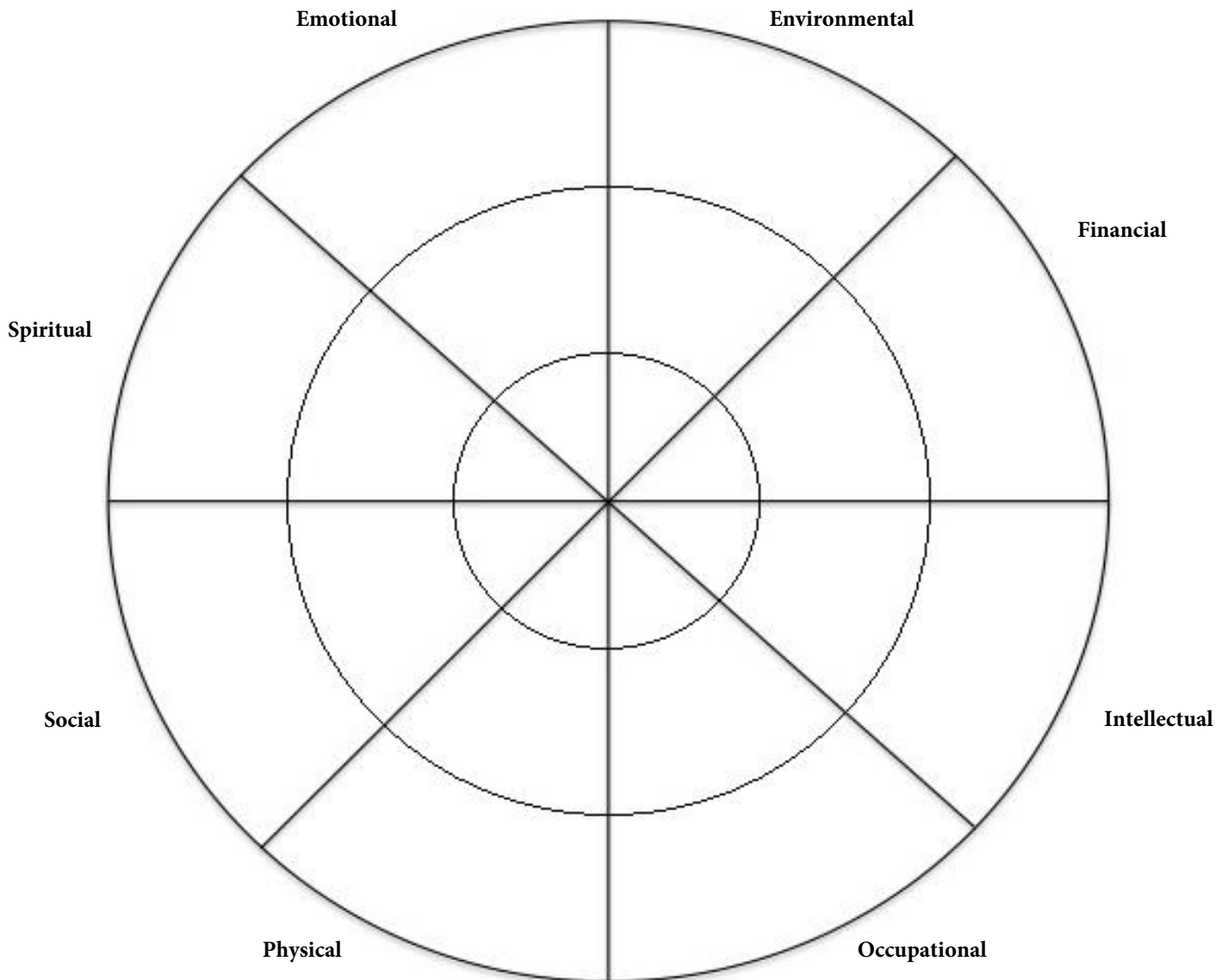
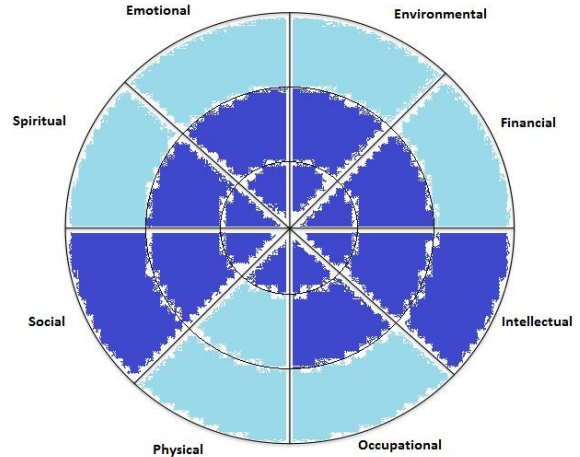
- A process to make choices towards a balanced life
- Self-awareness to help achieve your full potential
- A multi-dimensional and whole-self lifestyle
- Positive and self-affirming



## My Wellness Wheel

Fill in with a dark color the areas where you feel like you don't need work, you are happy with, or are fulfilled. Leave the rest unfilled to show areas for growth. Review the areas for growth and set goals to help make a more rounded schedule for yourself.

Example: This person may want to set a goal involving the physical piece, such as joining an intramural sport or going to the Recreation & Wellness Center twice per week, for example.



### Areas for Growth

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



### SMART Goals & Game Plans

<b>Specific</b>	<ul style="list-style-type: none"> <li>○ Explain the goal in detail – who, what, where, why</li> <li>○ Could someone else understand your goal?</li> </ul>
<b>Measurable</b>	<ul style="list-style-type: none"> <li>○ Make sure you quantify the goal</li> <li>○ Are you able to track your progress towards goal?</li> <li>○ How will you know if you achieve the goal?</li> </ul>
<b>Attainable</b>	<ul style="list-style-type: none"> <li>○ Make sure the goal is achievable – not too easy, but not out of reach</li> <li>○ Can you realistically obtain goal?</li> <li>○ Do you have the necessary resources?</li> </ul>
<b>Relevant</b>	<ul style="list-style-type: none"> <li>○ Make sure your goal is applicable to the present concern</li> <li>○ Does this goal align with your long-term goals?</li> </ul>
<b>Time-bound</b>	<ul style="list-style-type: none"> <li>○ Create a timeline/deadline for yourself</li> <li>○ How long are you allowing yourself to achieve the goal?</li> </ul>

Goal #1

Part A: Motivate & Anticipate

Possible Benefits if Goal is Achieved	Possible Costs if Goal is Not Achieved	Anticipated Barriers, Challenges & Obstacles	Potential Solutions, Support & Resources

Part B: Steps & Timelines

Tasks	Due Date



## SMART Goals & Game Plans

<b>Specific</b>	<ul style="list-style-type: none"> <li>○ Explain the goal in detail – who, what, where, why</li> <li>○ Could someone else understand your goal?</li> </ul>
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<b>Time-bound</b>	<ul style="list-style-type: none"> <li>○ Create a timeline/deadline for yourself</li> <li>○ How long are you allowing yourself to achieve the goal?</li> </ul>

Goal #2

Part A: Motivate & Anticipate

Possible Benefits if Goal is Achieved	Possible Costs if Goal is Not Achieved	Anticipated Barriers, Challenges & Obstacles	Possible Solutions, Support & Resources

Part B: Steps & Timelines

Tasks	Due Date