

Wellness Action Plan

Feel free to download and use this template to make your own, custom Wellness Action Plan.

What gives you your sense of purpose and meaning?

Purpose • What daily activities keep you busy? E.g. school, work, part-time job, volunteer activities, or other things?	
• What else would give you a sense of purpose?	
Meaning • What gives you a sense of meaning?	
• What would give you a sense of meaning?	
Hope • What gives you a sense of hope?	
• What would give you a sense of hope?	
Basic needs	
• Do you have a safe place to live?	
• Anything that needs to be done to help you have a safe place?	
• Are you eating healthy?	
• Anything that needs to be done to help you eat healthy?	
• Are you getting enough sleep?	
• What could be done to help you sleep better?	
Any other things that keep you well and	

happy?	
Any other things that could be added to help you be well and happy?	