

MY WELLNESS GOAL PLANNERBased on what you recorded in your Wellness Goal Planner, use the bottom table to list *up to five goals** you’ll focus on this month. In the top chart, tick off those days in which you took action on your goals. At the end of the month, record the total number of times you took action on each goal in the last column of the bottom table.

**The number of goals you decide to track is personal to you—remember that taking small steps can help make big goals more attainable.*

DAY OF MONTH

12

345678910111213141516171819202122232425262728293031

GOAL 1

GOAL 2

GOAL 3

GOAL 4

GOAL 5

LIST EACH GOAL, DESCRIBING WHAT YOU’LL DO.	HOW MANY TIMES THIS MONTH DO YOU PLAN TO DO THIS?	HOW MANY TIMES THIS MONTH DID YOU DO THIS?
GOAL 1		
GOAL 2		
GOAL 3		
GOAL 4		
GOAL 5		

MY WELLNESS GOALS

1. Physical Well-Being:
 - Example Goal: Engage in physical activity for at least 30 minutes, three times a week.
 - Action Steps: [List specific activities such as walking, yoga, or dancing.]
2. Emotional/Mental Health:
 - Example Goal: Practice daily mindfulness exercises for stress reduction.
 - Action Steps: [Include specific mindfulness exercises or meditation techniques.]
3. Social Connections:
 - Example Goal: Connect with a friend or family member once a week for social support.
 - Action Steps: [Outline ways to connect—phone call, video chat, in-person catch-ups.]
4. Self-Care Practices:

- Example Goal: Prioritise self-care by dedicating 15 minutes daily to a relaxing activity.
- Action Steps: [List activities like reading, taking a bath, listening to music, etc.]

Remember: consistency and finding what resonates best for oneself are crucial for effective stress management.