Personal Wellness Plan

List 1-3 answers in each category

My specific, measurable outcome(s) in three months:

1. 
2. 
3. 

My motivating factor(s):

My Anchors:

1. 
2. 
3. 

How I’m clearing the clutter to make room for what I truly want:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Personal Wellness Plan

Action steps:

1. Chose an accountability partner. This is a person who will “have your back” and encourage you to achieve your wellness goals.

2. Share your goals with your accountability partner. Set a date and a time to follow up.

3. Decide on and commit to the FIRST step you will take this week to work towards your outcomes. Set a reminder in your calendar on the date and time that you plan to follow through.

4. Continue to follow up with your accountability partner and plan action steps towards your goals on a weekly basis.