

## TH PERSONAL WELLNESS PLAN

Self-care is an essential part of Wellness. This is your opportunity to begin developing a variety of alternative activities that are healthier and help you on your path to improving your personal wellness. Take the time now to begin your process of developing alternatives to unhealthy choices. This is a template to be used as a starting point. You can also develop a different personalized format if that better suit your needs.

### Step 1: Begin the Process

Examine challenges/triggers, how you are or have been coping, begin creating healthier alternatives, identify tools and supports needed.

| IDENTIFY SITUATIONS/TRIGGERS FOR UNHEALTHY CHOICES | WHAT ARE YOUR CURRENT COPING SKILLS FOR EACH | CREATE A LIST OF HEALTHIER BEHAVIORS | TOOLS/SUPPORTS NEEDED | IDENTIFY PEOPLE WHO WILL SUPPORT YOU |
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In doing this work, you may realize that issues/emotions arise that you are uncomfortable with and need additional help to address. On your personal plan, identify what personal/professional resources are available to you to help you address issues of this nature.

| NAME & CONTACT NUMBER: | NAME & CONTACT NUMBER: |
|------------------------|------------------------|
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### Step 2: List Your Healthy Choices/Behaviors with Your Personal Strengths

Once you have taken the time to examine the challenges you face and what needs to change, it's important to create a list of Healthy Choices/Behaviors that you can have readily available. Create a list of Personal Strengths to go with your Healthy Choices as a way to empower yourself.

| HEALTHY CHOICES/BEHAVIORS |
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| PERSONAL STRENGTHS |
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### Step 3: If you want, get Creative and have some Fun with Your Plan and Strengths

If you want, make this plan truly your own by creating it into something you can post, frame, display, etc. Combine your lists with photos of important people who support you and empower you, perhaps a meaningful background – make it your creative expression of your Personal Wellness and Strengths.

