

# Wellness Concierge Program

# STUDENT WELLNESS PLAN

**Instructions:** After reviewing the information about the '8 Pillars of Well-Being' and/or taking the '8 Pillars of Well-Being Assessment,' identify **three** pillars of well-being you would like to focus on this semester and then use this form to create your personal wellness plan. Please refer to the '8 Pillars of Well-Being Tips' to give you some ideas for your short- and long-term goals. When writing down your goals, set goals that are:

- ◇ Concrete and observable through behaviors, actions, and habits.
- ◇ Well integrated with your current life situation. Not in conflict with your values.
- ◇ Supported by your social networks.
- ◇ Achievable and have a timeline to accomplish.

**Pillar of Well-Being #1:** \_\_\_\_\_

Long-Term Goal/s: By the end of the semester I will:

Action Steps:

Short-Term Goal/s: In the next 1-2 weeks I will:

Action Steps:

Potential obstacles to achieving your goals:

Plan for overcoming these obstacles:

**Pillar of Well-Being #2:** \_\_\_\_\_

Long-Term Goal/s: By the end of the semester I will:

Action Steps:

Short-Term Goal/s: In the next 1-2 weeks I will:

Action Steps:

Potential obstacles to achieving your goals:

Plan for overcoming these obstacles:

**Pillar of Well-Being #3:** \_\_\_\_\_

Long-Term Goal/s: By the end of the semester I will:

Action Steps:

Short-Term Goal/s: In the next 1-2 weeks I will:

Action Steps:

Potential obstacles to achieving your goals:

Plan for overcoming these obstacles:

For additional resources and support, check out (page on our website)