

TOTAL WELLNESS ASSESSMENT & ACTION PLAN

Rate how you feel you are managing in each wellness domain from 1 (poorly) to 10 (excellently). Use the questions as prompts.



Category	Rating (1-10)	Why?
Social		
Financial		
Personal Growth		
Mental		
Medical		
Environmental		
Spiritual		
Physical		

Now complete the Balance Check and Goals/Action Plan sections to improve your overall health. *Don't forget to rely on your DAFB resources for help!*

Balance Check

Top successful categories: _____

Why successful?

Top categories of concern: _____

Why concerning?

Which one is most achievable to address right now? _____

What would make it a 10? _____

What help/support might you need?

Goals/Action Plan *(Use SMART* Goals)*

GOAL(s): _____

Action Plan:

What Strategies or resources may help me achieve my goal(s)?

What challenges/barriers do I need to overcome?

What is my back-up plan if those challenges occur?

Who/What will support me?

How may I reward myself? *(If you think that will be motivational)*

***Is it SMART?** Let's check:

Specific (Clear and Detailed)

Measurable (Set a standard to which you can prove the goal has been accomplished)

Attainable (Not too much of a stretch but still a challenge)

Relevant (Pertains to the Priority Behavior)

Timebound (Set deadlines by which you will accomplish the goal)