

Personal and Professional Wellness and Resilience Action Plan Worksheet

TO YOUR HEALTH: DEVELOPING A *NEW* WELLNESS & RESILIENCE ACTION PLAN FOR THE COMING ACADEMIC YEAR & BEYOND

Use this worksheet and follow the steps below as guidelines to develop your personal Wellness and Resilience Action Plan.

This project references the seven spheres of wellness, as presented in the figure below, and the definitions that follow in the worksheet.



The examples given are meant only as a sampling, not one-size-fits-all suggestions – it will be up to you to determine the goals most appropriate and meaningful for your personal and professional wellness.

INSTRUCTIONS:

1. Using Step 1, below, create a simple statement for each wellness sphere that states your priority for that sphere. An example for Financial Wellness might be: "I want to minimize the impact of student loans on my long-term plans." For Social Wellness an example might be: "I want to expand my circle of friends both in school and outside."
2. Then for each statement, create a list of actions you are already taking or want to take to work toward that priority. Some examples of such actions are listed next to the definitions.
3. Use the horizontal line, rate how closely you are currently meeting your goals/priorities for each sphere (far left is farthest from your goal, far right is already at goal).
4. In Step 2 rank the importance of each wellness sphere in your life **this year**.
5. In Step 3 rank the spheres by how much time/effort each is consuming in your life now.
6. In Step 4 decide on an action to take in your most important wellness sphere.

STEP 1 – IDENTIFY YOUR PRIORITIES AND PRESENT STATE IN EACH WELLNESS SPHERE.

1. ENVIRONMENTAL WELLNESS: Appreciation for nature and home (eg: create a comfortable home or work environment, hike in a park, photograph landscapes, camping, gardening).

a) Simply stated, what are your priorities and/or goals in this area?

b) What actions are you currently taking to support your priorities?

c. How close to realizing your Environmental Wellness goal(s) are you now? Place an “x” on the line below.

VERY FAR FROM GOAL

ALREADY AT GOAL



2. EMOTIONAL WELLNESS: Nurturing positive feelings, creating space for decompression, and coping with adversity (eg: enjoyable/meaningful activities, social supports, healthful stress management techniques, keep in touch with your buddy).

a. Simply stated, what are your priorities and/or goals in this area?

b. What actions are you currently taking to support your priorities?

c. How close to realizing your Emotional Wellness goal(s) are you now? Place an “x” on the line below.

VERY FAR FROM GOAL

ALREADY AT GOAL



3. FINANCIAL WELLNESS: Balancing long- and short-term goals for enjoyment of any disposable funds versus financial stability (eg: create a plan for loan repayment, cooking at home, developing a side-job).

a. Simply stated, what are your priorities and/or goals in this area?

b. What actions are you currently taking to support your priorities?

c. How close to realizing your Emotional Wellness goal(s) are you now? Place an “x” on the line below.

VERY FAR FROM GOAL

ALREADY AT GOAL



4. INTELLECTUAL & OCCUPATIONAL WELLNESS: Life-long learning and creative problem-solving – in the context of, or separate from, a meaningful and satisfying career (eg: pleasure reading, attending stimulating events, joining professional societies or advocacy group, seek a mentor)

a. Simply stated, what are your priorities and/or goals in this area?

b. What actions are you currently taking to support your priorities?

c. How close to realizing your Intellectual & Occupational Wellness goal(s) are you now? Place an “x” on the line below.

VERY FAR FROM GOAL

ALREADY AT GOAL



5. PHYSICAL WELLNESS: Actively supporting your body's health to feel your best (eg: regular primary care doctor visits, regular work-out or running dates, sleep hygiene, yoga/Tai Chi)

a. Simply stated, what are your priorities and/or goals in this area?

b. What actions are you currently taking to support your priorities?

c. How close to realizing your Physical Wellness goal(s) are you now? Place an "x" on the line below.

VERY FAR FROM GOAL

ALREADY AT GOAL



6. SOCIAL WELLNESS: Nurture positive relationships and roles (eg: set a regular time with family/friends, Skype date with friends, avoid mobile devices at meals, join a community group that reflects your interests).

a. Simply stated, what are your priorities and/or goals in this area?

b. What actions are you currently taking to support your priorities?

c. How close to realizing your Intellectual & Occupational Wellness goal(s) are you now? Place an "x" on the line below.

VERY FAR FROM GOAL

ALREADY AT GOAL



7. SPIRITUAL WELLNESS: Reflect on and engage with pursuits congruent with your values and life’s purpose (eg: meaningful volunteer work, engagement with a congregation or sangha).

a. Simply stated, what are your priorities and/or goals in this area?

b. What actions are you currently taking to support your priorities?

c. How close to realizing your Intellectual & Occupational Wellness goal(s) are you now? Place an “x” on the line below.

VERY FAR FROM GOAL

ALREADY AT GOAL



STEP 2 – DETERMINE THE RELATIVE IMPORTANCE OF EACH WELLNESS SPHERE IN YOUR LIFE THIS YEAR.

Rank the seven wellness spheres by level of importance to your wellness and resilience for this year
(1 – most important, 7 – least important)

_____ ENVIRONMENTAL	_____ PHYSICAL
_____ EMOTIONAL	_____ SOCIAL
_____ FINANCIAL	_____ SPIRITUAL
_____ INTELLECTUAL/OCCUPATIONAL	

STEP 3 – NOTE WHICH SPHERES ARE CONSUMING MOST OF YOUR TIME/EFFORT NOW.

Rank the seven wellness spheres by how much time/effort you actually dedicate to each now
(1 – most time, 7 – least time)

_____ ENVIRONMENTAL	_____ PHYSICAL
_____ EMOTIONAL	_____ SOCIAL
_____ FINANCIAL	_____ SPIRITUAL
_____ INTELLECTUAL/OCCUPATIONAL	

STEP 4 – SELECT AN ACTION TO TAKE.

If your answers to Steps 2 and 3 are congruent: Decide on **at least one action** you will commit to keep doing in your most important wellness sphere.

If your answers to Steps 2 and 3 are different: Decide which wellness sphere you want to focus on to contribute to your health and resilience during your second post-graduate year. Then choose **at least one action** in that wellness sphere you will commit to do for your PGY2 to keep that going. You may want to think about why these two ranking in Step 2 and 3 are different, if you want to try to make them congruent, and how to do that.

We recommend the wellness action(s) you decide to do be in the form of a **SMART** goal that is specific, measurable, achievable, results-focused, and time-bound. For example, a SMART goal to boost financial wellness might be, “I will substitute home-brewed coffee for Starbucks coffee three times each week, on Monday, Wednesday, and Thursday, and put the \$12 I save into a savings account for the next six months.”

As you know, some months/seasons will make it easier for you to prioritize your wellness than others. Consider what your ideal SMART goal might look like at a lighter period, and how you might adjust it during a heavier time. Recall that wellness is not an “all-or-nothing” proposition; if your ideal SMART goal is not realistic one month, how might you tweak it to something that is?

A wide-variety of suggested resources (apps, podcasts, books, websites) to support and inspire your action plan can be found at <http://libguides.gwumc.edu/mindfulness>.

Which wellness sphere have you chosen to focus on as most important for this year and what are your goals and what actions will you take?

WELLNESS SPHERE, GOAL AND ACTIONS FOR MY POST-GRADUATE YEAR 2:

Wellness Sphere:

Goal:

Action:
