



MY PERSONAL WELLBEING PLAN

Wellbeing Components	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Pick any of the following components and add to your personal wellbeing plan above and mark **✓** or **✗** for each day. Feel free to add your own components to create your unique wellbeing bouquet. The key is to make a start today, no matter how small. You can always add more components or edit your plan later.

A FEW SUGGESTED WELLBEING COMPONENTS

Body	Mind	Spirit
Yoga Exercise Stretching Dance Healthy foods Supplements Self-massage Rest	Meditation Breathing Guided visualizations Learning a new skill Positive affirmations Music	Motivational videos Social interactions Gratitude journal Reiki Prayer

Remember, extraordinary times demand extraordinary attention to your wellbeing. Start Now.