



Wellness Action Goals

| Wellness Area | Current Activity: what I'm doing | Priority for Change 1-10 (1=very low, 10 = very high) |
|----------------------------|----------------------------------|---|
| Movement/ Nature | | |
| Parenting/Family Warmth | | |
| Kindness/Gratitude | | |
| Music/Arts/Dance | | |
| Sleep | | |
| Nutrition/Hydration | | |
| Contemplative Practices | | |
| Digital Health | | |
| Mentorship/ Community | | |
| Reading/Learning | | |
| Other | | |

SMART Goal(s):

- 1)
- 2)
- 3)



S: specific—is it clear and observable?

M: measurable—how will you know if you're succeeding?

A: achievable—is it reasonable given your life and goals?

R: relevant—is it a priority?

T: timely—is it the right time? How much time will it take?