**ACTION PLAN…Considering a Plan to Improve Your Wellness**

***Rationale:*** There is a common misperception that in order to “improve”, we must first recognize a weakness or flaw. Sometimes we can work to improve something that is already pretty good—it’s just a matter of re-thinking things and finding a way to enhance something that we already like. When it comes to improving one’s “wellness”, we need not focus on the aspects of our lifestyle choices that we don’t like (or recognize as personal areas of weakness). But, if we approach this in a way where improvement is not an acknowledgement of short-comings or weaknesses-- but rather we just simply aim to work towards bettering our own overall well-being--then this process can be valuable and attainable.

***So, the overall goal is for you to:*** think about your habits, values, and attitudes; then think of how some slight changes might enhance what you like or change what you don’t like; and then you can try to implement some subtle changes with the intention of raising your own sense of our well-being.

***Process:*** before we can identify “how” we can change—or set goals for changes—we first have to consider our current behaviours / situations. Only then can we begin to consider how we can set goals for change. Then we will create an “action plan” to guide us in our quest for “wellness”.

1. First, let’s focus on the positives. What are some aspects of your life that you already like? What are some things that you do (that you like) and feel are helpful to a positive state of wellness?

For each of the five strands of wellness, list three things that you do that you “like”

|  |  |
| --- | --- |
| **Strand** | **Something you do that you “like” (3)** |
| **Leisure** |  |
| **Healthy Eating** |  |
| **Physical Activity and Fitness** |  |
| **Relationships** |  |
| **Stress Management** |  |

1. Now, let’s consider each of the four dimensions of wellness…for each of the four dimensions, try to think of: three things that you do / have in your life that you “like” (which you believe to contribute to a positive state of wellness) and three things that you “don’t like” (behaviours, circumstances, people that you feel may be hindering a positive state of wellness). List them on the chart below.

|  |  |  |
| --- | --- | --- |
| **Dimension of Wellness** | **“Like” (3)** | **“Don’t Like” (3)** |
| **Physical** |  |  |
| **Social** |  |  |
| **Psychological** |  |  |
| **Spiritual** |  |  |

1. Now that we have taken the time to consider what we are already doing—and thought a little about what we like and don’t like—we can begin to frame these improvements that we may aspire to in goals. Good goals are: specific, manageable, often measureable, and attainable. So, in order to create an action plan to improve our own wellness, we must first clearly identify some goals we can work towards.

**Goals**

* Make them specific (Must be SMART goals): how will you know if you reached them? Are they measureable or is there someone in your life who can give you formative feedback?
	+ Each goal must have specific indicators.
* Carefully consider the benefits for each goal. Let’s try to identify 2 benefits for each goal. WHY do you want to do this?
* What help do you need to accomplish each goal? Do you need help from someone? Is there any knowledge you need to acquire to reach it? Who can help you? How? When? How often? How would you like to get feedback?
* Set manageable timelines for the completion / check of each goal.
* Your goals MAY come from the “like / dislike” chart or from the “strands” chart.
* Start with a positive outlook: set goals you can reach and can clearly identify when / how that goal has been reached.
* Long Term Goals can be from anywhere from the end of the semester to five years from now. Short Term Goals should be set to be reached anywhere from the end of this week, to two months. Short Term Goals could be connected to Long Term ones.

In signing below, you pledge to work towards improving your own state of well-being. This is not a promise to be taken lightly. In addition, please get someone (parent? Friend? Whoever might help you to reach this goal?) to sign it as well. Please ask that person—someone you trust—to check on you relatively often to see how you are doing.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ “Helper” Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FINAL ASSIGNMENT:

* Must have one short term goal and one long term goal
* Final assignment must be typed, 12 pt font, double spaced
* Transfer information from planning chart and develop into a written action plan (Use action plan template to help you)
* Clearly Identify the sections of each goal (from chart)
* Cover page
* Reference page (if needed)