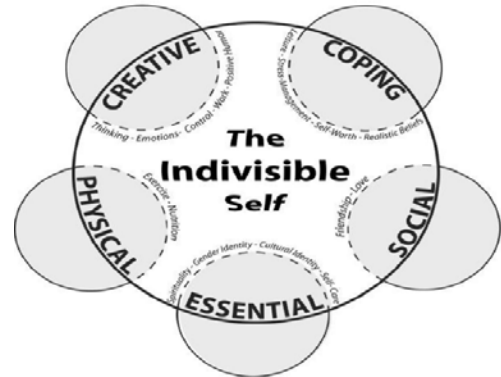


**Refresh your Mind, Rejuvenate your Body, Renew your Spirit:**  
*A Wellness Program for Future Counselors*

# Personal Wellness Plan

based on  
**The Indivisible Self:**  
*An Evidenced-Based Model of Wellness*  
(Myers & Sweeney, 2005)



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**Name:** \_\_\_\_\_

**Start date:** \_\_\_\_\_ **End date:** \_\_\_\_\_

People who are successful at making lifestyle changes create plan of action. You may use this work sheet to identify wellness goals that you would like to achieve over the next several months; the five areas are based on the Indivisible Self wellness model. Review the areas and decide where you would like to make improvements. Create an action plan and identify specific activities that you would like to participate in and list your goals in measurable terms (e.g., have coffee with a friend every Saturday morning, exercise for 30 minutes three times each week). You are encouraged to track your progress throughout your active wellness period.

**Creative Self:** thinking, emotions, control, work, positive humor

*What would you like to have more/less of to improve your creative self (e.g., mentors, studying, bibliotherapy/book discussions, workshops, art, creativity, energy, attitude shifts, counseling, competence, confidence, satisfying work, job security, feeling appreciated, fun, humor)?*

*Action Plan*

**Coping Self :** leisure, stress management, self-worth, realistic beliefs

*What would you like to have more/less of to improve your coping self (e.g., leisure activities, daily relaxation, hobbies, biofeedback, coping, setting limits, time & energy management, avoiding bad habits/addictions, counseling, self-acceptance, realistic goals, avoiding unrealistic expectations )?*

*Action Plan*

**Social Self:** friendship, love

*What would you like to have more/less of to improve your social self (e.g., social or intimate relationships, parties, potlucks, happy hours, networking, mentors, study groups)?*

*Action Plan*

**Essential Self:** spirituality, gender identity, cultural identity, self-care

*What would you like to have more/less of to improve your essential self (e.g., values, virtues, or service that provides meaning, purpose, peace, and enrichment to your life and to others, prayer, meditation, compassion, gender or cultural support, self-care)?*

*Action Plan*

**Physical Self:** exercise, nutrition

*What would you like to have more/less of to improve your physical self (e.g., physical activities, exercise, stretching, balanced diet, limiting sugar, salt & alcohol, vitamins/supplements, maintaining a healthy weight, blood pressure, cholesterol and other levels )?*

*Action Plan*

Present Weight: _____	Goal weight: _____
Present Blood Pressure: _____	Goal BP: _____
Present Cholesterol / HDL levels: _____	Goal levels: _____
Physical Activity & Exercise: _____	Goal activity: _____
Last Physical Exam: _____	Next exam: _____

**Commitment to Self**

I make the commitment to implement these wellness goals to the best of my ability.

\_\_\_\_\_  
Your signature

\_\_\_\_\_  
Date

## THE INDIVISIBLE SELF: An Evidence-Based Model Of Wellness

### CONTEXTS:

#### Local (safety)

Family  
Neighborhood  
Community

#### Institutional (policies & laws)

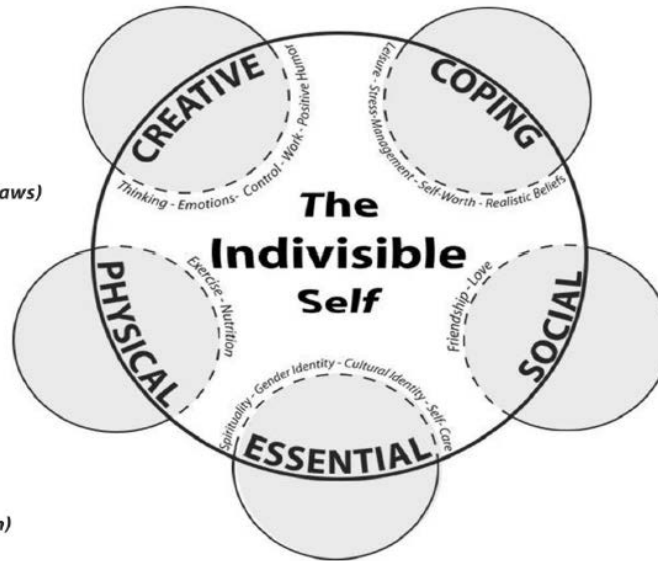
Education  
Religion  
Government  
Business/Industry

#### Global (world events)

Politics  
Culture  
Global Events  
Environment  
Media

#### Chronometrical (lifespan)

Perpetual  
Positive  
Purposeful



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## Definitions of Wellness Scales on the 5F-Wel

**Wellness** The sum of all items on the 5F-Wel; a measure of one's general; well being or total wellness.

**Creative Self** - The combination of attributes that each of us forms to make a unique place among others in our social interactions and to positively interpret our world

- **Thinking** - Being mentally active, open-minded; having the ability to be creative and experimental; having a sense of curiosity, a need to know and to learn; the ability to think both divergently and convergently when problem solving; the capacity to change one's thinking in order to manage stress; the ability to apply problem solving strategies in resolving social conflicts.
- **Emotions** - Being aware of or in touch with one's feelings; being able to express one's feelings appropriately; being able to enjoy positive emotions as well as being able to cope with negative emotions; having a sense of energy; avoiding chronic negative emotional states.
- **Control** - Beliefs about your competence, confidence, and mastery (i.e., I can"); belief that you can usually achieve the goals you set out for yourself; being able to exercise individual choice through imagination, knowledge, and skill; having a sense of planfulness in life; being able to be direct in expressing one's needs (assertive).
- **Work** - Being satisfied with one's work; having adequate financial security; feeling that one's skills are used appropriately; feeling that one can manage one's workload; feeling a sense of job security; feeling appreciated in the work one does; having satisfactory relationships with others on the job; being satisfied with activities in work and play which one chooses to perform; having a playful attitude toward life tasks; the ability to cope with stress in the workplace.
- **Positive Humor** - Being able to laugh at one's own mistakes and the unexpected things that happen; the ability to laugh appropriately at others; having the capacity to see the contradictions and predicaments of life in an objective manner such that one can gain new perspectives; enjoying the idiosyncrasies and inconsistencies of life; the ability to use humor to accomplish even serious tasks.

**Coping Self** - The combination of elements that regulate our responses to life events and provide a means for transcending their negative affects.

- **Leisure** Activities done in one's free time: satisfaction with one's leisure activities, importance of leisure, positive feelings associated with leisure, having at least one activity in which "I lose myself and time stands still", ability to approach tasks from a playful point of view; having a balance between work and leisure activities; ability to put work aside for leisure without feeling guilty.
- **Stress Management** General perception of one's own self-management or self-regulation; seeing change as an opportunity for growth rather than as a threat to one's security; on-going self-monitoring and assessment of one's coping resources; the ability to organize and manage resources such as time, energy, setting limits, and need for structure.
- **Self Worth** Accepting who and what one is, positive qualities along with imperfections; acceptance of one's physical appearance; affirming the value of one's existence; valuing oneself as a unique individual.
- **Realistic Beliefs** Understanding that perfection or being loved by everyone are impossible goals, and having the courage to be imperfect; the ability to perceive reality accurately, not as one might want or desire it to be; separating that which is logical and rational from that which is distorted, irrational, or wishful thinking; controlling the "shoulds," "oughts," "dos," and "don't" which tend to rule one's life; avoiding unrealistic expectations or wishful thinking.

**Social Self** - Social support through connections with others in our friendships and intimate relationships, including family ties.

- **Friendship** Social relationships that involve a connection with others individually or in community, but which do not have a marital, sexual, or familial commitment; having friends in whom one can trust and who can provide emotional, material, or informational support when needed; not being lonely; being comfortable in social situations; having a capacity to trust others; having empathy for others; feeling understood by others; having relationships in which non-judgmental caring is experienced; being comfortable with one's social skills for interacting with others; being involved in one or more community groups.
- **Love** The ability to be intimate, trusting, and self-disclosing with another person; the ability to give as well as express affection with significant others; the ability to accept others without conditions, to convey non-possessive caring which respects the uniqueness of another; having at least one relationship that is secure, lasting, and for which there is a mutual commitment; having concern for the nurturance and growth of others; experiencing physical and emotional satisfaction with one's sexual life; having a family or family-like support system characterized by shared spiritual values, the ability to solve conflict in a mutually respectful way, the ability to solve problems together, commitment to one another, healthy communication styles, shared time together, the ability to cope with stress, and mutual appreciation.

**Essential Self** - Our essential meaning-making processes in relation to life, self, and others.

- **Spirituality** Personal beliefs and behaviors that are practiced as part of the recognition that we are more than the material aspects of mind and body. Dimensions include belief in a higher power; hope and optimism, worship, prayer, and/or meditation; purpose in life, love (compassion for others); moral values; and transcendence, or a sense of oneness with the universe.
- **Gender Identity** Satisfaction with one's gender; feeling supported in one's gender; transcendence of gender identity (i.e., ability to be androgynous).
- **Cultural Identity** Satisfaction with one's cultural identity; feeling supported in one's cultural identity; transcendence of one's cultural identity (i.e., cultural assimilation).
- **Self-Care** Taking responsibility for one's wellness through self-care and safety habits that are preventive in nature; such habits include obtaining timely medical care, wearing a seat belt; limiting the use of prescribed drugs and avoiding the use of illegal drugs; avoiding the use of tobacco; abstaining from or very moderately using alcohol; getting adequate sleep; minimizing the harmful effects of pollution in your environment.

**Physical Self** - The biological and physiological processes that comprise the physical aspects of our development and functioning.

- **Exercise** Engaging in sufficient physical activity to keep in good physical condition; maintaining flexibility in the major muscles and joints of the body through work, recreation, or stretching exercises; regular exercise and not overdoing it are important guidelines.
- **Nutrition** Eating a nutritionally balanced diet, three meals a day including breakfast, consuming fats, cholesterol, sweets, and salt sparingly; maintaining a normal weight (i.e., within 15% of the ideal) and avoiding overeating.

*Factors & definitions taken from Myers, J. E., & Sweeney, T. J. (2005). The Five Factor Wel Inventory. Greensboro, NC: Authors.*