

Wellness Goals

Financial

What am I doing well?

Where do I need improvement?

What's my goal?

Mental

What am I doing well?

Where do I need improvement?

What's my goal?

Emotional

What am I doing well?

Where do I need improvement?

What's my goal?

Spiritual

What am I doing well?

Where do I need improvement?

What's my goal?

Cultural

What am I doing well?

Where do I need improvement?

What's my goal?

Intellectual

What am I doing well?

Where do I need improvement?

What's my goal?

Social

What am I doing well?

Where do I need improvement?

What's my goal?

Occupational

What am I doing well?

Where do I need improvement?

What's my goal?

Environmental

What am I doing well?

Where do I need improvement?

What's my goal?

Physical

What am I doing well?

Where do I need improvement?

What's my goal?