

**Activity 23.2: My Wellness Lifestyle Plan**

Use this activity to clarify your long-term wellness vision and goals.<sup>91</sup>

I commit to maintaining a high level of well-being from \_\_\_\_\_20\_\_\_ to \_\_\_\_\_20\_\_\_

**Part 1. Assessment of your Vision.**

**Suggestion.** Check the diamonds below to indicate which wellness domains you seek optimal wellness for your lifetime. For each domain you check, circle the number that best corresponds to your vision of how successful you want to be. Next evaluate how confident you are about achieving lifetime wellness across each domain you originally checked.

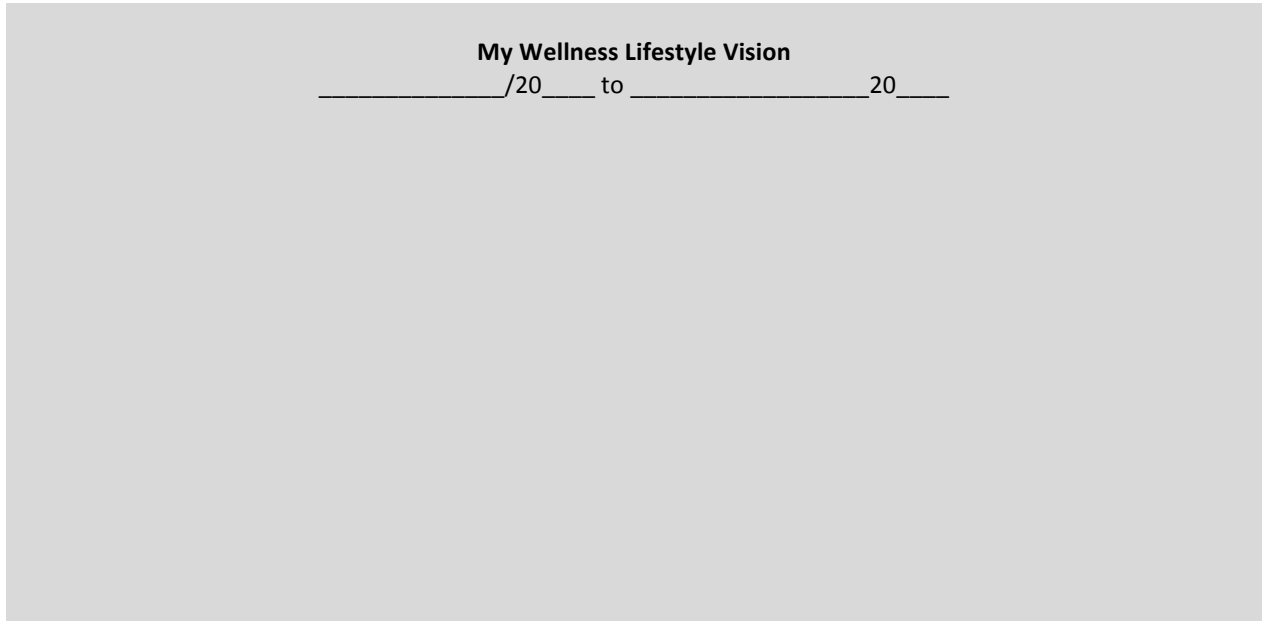
Wellness Domains	Vision for Long-Term Wellness			Confidence in Achieving Vision		
	Low	Moderate	High	Low	Moderate	High
◇ Overall Well-Being	3	4	5	<3	3-4	5
◇ Spiritual (Internal)	3	4	5	<3	3-4	5
◇ Socioemotional	3	4	5	<3	3-4	5
◇ Physical Health (Body)	3	4	5	<3	3-4	5
◇ Purpose (Occupation)	3	4	5	<3	3-4	5
◇ Balance	3	4	5	<3	3-4	5

**Part 2. Draft your wellness lifestyle vision below.**

<sup>91</sup> Some travelers may benefit from completing Activity 24.1 My Top 20 Wellness Essentials, before finalizing their Wellness Lifestyle Plan.

**Suggestion.** Consider drafting an initial vision on a separate paper and when you are content that it captures what you desire then write it in the box below.

**My Wellness Lifestyle Vision**  
\_\_\_\_\_ /20 \_\_\_\_ to \_\_\_\_\_ 20 \_\_\_\_



**Part 3: Draft an initial wellness lifestyle plan of action.**

**Key resources I need to maintain to achieve my wellness lifestyle.**

**Top five things I have to do to achieve my wellness vision.**

- 1.
- 2.
- 3.
- 4.
- 5.

**Next steps:**