

# WELLNESS PLAN

Looking at all the Lifestyle Medicine *pillars* (sleep, nutrition, social connections, exercise/movement, stress management, and harmful substances) and the health goal(s) you've identified as important to you, you can now develop a Wellness Plan to create achievable short-term and longer-term plans.

Summarise your overall wellness goal(s) in the next 3 - 6 months ...

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List your identified actions (stepping stones) related to each goal. Then rank your top three actions related to each goal – the ones that will take you powerfully toward your goal. Ideally you'll set SMART Goals (Specific, Measurable, Actionable, Realistic, Time-Bound).

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