Wellness plan across six areas

Look at body, mind, relationships, money, study and purpose, rate each, and pick one small action per area.

NAME _____ DATE _____

Area	How it's going (1-5)	What helps	One small action this month
Body (sleep, food, movement)			
Mind (stress, mood)			
Relationships			
Money			
Study or work			
Purpose and meaning			

The one area I'll focus on first: