

From Surviving to Thriving

Crafting A Personal Wellness Plan

A personal wellness plan is a **flexible, supportive guide** designed to help you care for your overall well being. It's not a strict set of rules to follow perfectly. Your plan should grow and change with you—adapting as your needs shift and your goals evolve.

Thriving starts with intention. If you'd like extra support, fresh ideas, or help putting your plan into action, the EAP is here for you. Reach out anytime—no matter where you are in your wellness journey.



Step 1: Assess Where You Are

Start by taking a snapshot of how you're doing today. Rate each area from **1 (low)** to **5 (strong)**:

- Physical energy: _____
- Mental focus: _____
- Emotional well being: _____
- Work life balance: _____
- Sense of purpose or direction: _____
- Which area needs the most attention right now?

Step 2: Define “Thriving” For You

Thriving is personal—there's no one definition. Reflect on what it looks and feels like in your life:

- When I'm thriving, I feel: _____
- I have more: _____
- I have less: _____

Step 3: Choose 2–3 Focus Areas

Select the areas that will most support your well being over the next month. **Examples include:**

- Physical health
- Sleep or rest
- Mindfulness
- Relationships
- Stress management
- Personal boundaries
- Time for hobbies

Step 4: Select Simple Actions

For each focus area, choose one small, doable action you can practice regularly.

- Action 1: _____
- Action 2: _____
- Action 3: _____

Step 5: Review and Adjust Monthly

Each month, ask yourself:

- What's working well?
- What feels unrealistic, or no longer helpful?
- What needs to shift, simplify, or be added?