
Daily Wellness

PLANNER



YOUR JOURNEY TO GREATER WELL-BEING STARTS TODAY

Understand that there is always an opportunity to devote more time and energy to your general well-being. **Think of these eight dimensions as the roots to a tree**—with the tree symbolizing your whole self. Without balance and attention to each area or root, you cannot grow and flourish.



A tree
STANDS
STRONG
not by its fruits or branches,
but by the **DEPTH**
of its *roots.*



Anthony Liccione

DEVELOP A TAKE ACTION PLAN

Review your scores from your self-inventory, both overall for each dimension of wellness and for individual statements. For those areas where you scored lower, consider what might have a significant impact on your daily life (e.g., interferes with your performance, causes distress, etc.) and focus on those areas. Then ask yourself what you feel capable of changing within each dimension. *(The eight dimensions are listed on the next page for a reminder)*

Looking at the eight dimensions, what stands out as the most valuable areas to work on within each dimension? These will become your ‘big picture goals.’

Emotional Wellness

1 _____

2 _____

Intellectual Wellness

1 _____

2 _____

Physical Wellness

1 _____

2 _____

Spiritual Wellness

1 _____

2 _____

Social Wellness

1 _____

2 _____

Professional Wellness

1 _____

2 _____

Environmental Wellness

1 _____

2 _____

Financial Wellness

1 _____

2 _____

REMINDER OF THE EIGHT DIMENSIONS OF WELLNESS

Emotional: Understanding your own feelings, expressing emotions in a constructive way, and having the ability to deal with stress and cope with life's challenges

Intellectual: Engaging in creative and mentally stimulating activities, expanding your knowledge through cultural, artistic, or skill-based learning, and sharing knowledge and skills with others

Physical: Making choices to avoid harmful habits and practicing behaviors that support your physical body, health, and safety

Spiritual: Having beliefs, values, and practices that provide you with a sense of purpose and give meaning to your life

Social: Building and maintaining a diverse network of supportive relationships, and dealing effectively with interpersonal conflict

Professional: Receiving personal fulfillment from your academic pursuits/future career path and furthering personal knowledge and skills, while maintaining a work-life and academic-life balance

Environmental: Recognizing the interactions between yourself and your environment (natural and social), responsibly using available resources, and fostering a safer and healthier environment for others

Financial: Utilizing financial resources appropriately to meet practical wants and needs; having a sense of control and knowledge about personal finances

COMMITMENT PLEDGE

Explain why you picked these goals.

Only you know why these unique goals are important to YOU. Let this be your reminder of why you are striving for wellness when your motivation starts to decline.

Think about how your life might improve if you reach your goals.

What would life look like if you could reach all of the big picture goals you set here?

Sign and date your pledge.

“

If you want to live a
HAPPY LIFE,
tie it to a
GOAL,
not to people or things.

”

Albert Einstein

MY BIG PICTURE GOAL

Pick one of your big picture goals to focus on that will influence your small goals for the day.

TODAY'S TARGET ACTIONS

Identify 1-3 tangible actions you can incorporate into your day that support your big picture goal.

- 1 _____
- 2 _____
- 3 _____

DAILY SCHEDULE

Morning

Noon

Night

What am I grateful for today?

Reflect on some things you are grateful for today. Anything counts! The key is to make this a habit.

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The higher a
TREE
wants to rise,
the lower its
ROOTS
must grow.

”

Matshona Dhlwayo



For questions about this Daily Wellness Planner
or the **LiveWell Lafayette** initiative as a whole,
please contact **Alissa Vreeland**,
Student Wellness and Support Coordinator.

610-330-3201 | vreelana@lafayette.edu