

WELLNESS PLAN

Draw a star next to the Strengths you feel strongest in, and circle the Strengths you hope to grow.



Three things I am grateful for:		Goal: Name three more things I am grateful for:	
1.		1.	
2.		2.	
3.		3.	
Positive Friends and their contact information:		Goal: How often will I connect?	
1.			
2.			
3.			
Trusted Adults and their contact information:		Goal: How often will I reach out?	
1.			
2.			
3.			
If I am experiencing Big Emotions, I can do these activities to help:		Goal: What are new activities I would like to try?	
Energizing			
1.			
2.			
3.			
Calming			
1.			
2.			
3.			
Ways I can practice Generosity right now:		Goal: How often do I hope to practice Generosity?	
1.			
2.			
3.			

Three people I will invite to create their own Wellness Plans:	Name and contact information of my counselor
1. 2. 3.	

I have strengths, and I am strong enough to ask for help if I need it.

If I am concerned about myself or a friend, I can call the lifeline at **800.273.8255**

or my counselor at: _____.