

# WELLNESS PLAN

This Wellness Plan is a helpful tool to use when we are feeling down or stuck, to help strengthen our physical, relational, and emotional wellness.

Three things I am grateful for:

- 1.
- 2.
- 3.

Goal: Name three more things I am grateful for:

- 1.
- 2.
- 3.

Positive Friends and their contact information:

- 1.
- 2.
- 3.

Goal: How often will I connect?

Trusted Adults and their contact information:

- 1.
- 2.
- 3.

Goal: How often will I reach out?

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



If I am experiencing Big Emotions, I can do these activities to help:

**Energizing**

- 1.
- 2.
- 3.

**Calming**

- 1.
- 2.
- 3.

Goal: What are new activities I would like to try?

Ways I can practice Generosity right now:

- 1.
- 2.
- 3.

Goal: How often do I hope to practice Generosity?

Three people I will invite to create their own Wellness Plans:

- 1.
- 2.
- 3.

Name and contact information of my counselor.

**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: