

SOURCES OF STRENGTH INDIVIDUAL WELLNESS PLAN

WHO ARE MY PROFESSIONAL SUPPORT PEOPLE?

Think about your workplace network, **who do you turn to when you need guidance, encouragement, or support?**

- A Mentor or leader I trust:
- A colleague who has my back:
- Someone outside of work who helps me stay grounded:

NAVIGATING CHALLENGES

When faced with a high-pressure deadline, conflict, or unexpected challenge, **what steps help me regulate and problem-solve?**

- Emotionally (How do I stay calm and focused?):
- Practically (What's my first action step?):
- Interpersonally (Who can I lean on?):

MY PROFESSIONAL WELLNESS STRATEGIES

What are three **proactive ways** I maintain my mental and physical health in my current work environment?

1.
2.
3.

What are three **reactive ways** I care for myself when stress or burnout starts creeping in?

1.
2.
3.

BEING A TRUSTED AND TRUSTWORTHY PROFESSIONAL

Building strong workplace relationships enhances resilience and retention. **What are two ways I can foster trust in my work environment?**

1.
2.

SELF EMPOWERMENT IN THE WORKPLACE

If I were mentoring myself, **what work-related Strengths** would I acknowledge and be proud of? (Write yourself a quick note of encouragement.)

PURPOSE AND IMPACT

How does my work contribute to something bigger than myself? Complete the sentence: "I make a difference in my workplace and something bigger than myself..."