

Personal Wellness Worksheet

Choose your area of the wellness palette to focus on: Social, Emotional, Physical, Financial, Occupational, Intellectual, or Spiritual

In doing this, consider: biggest need, highest gain and feasibility. Consider going with idea with greatest ROI (lowest effort, biggest reward), or single area with highest potential impact on other wellness areas:

What is/are your perceived greatest need(s)? _____

What is/are your greatest barrier(s)? _____

What is / are your existing resource(s)? time, money, facilities, buy-in, support (from whom)?

Objective: (Make it i-SMART: important- Specific, Measurable, Achievable, Relevant and Time-based):

By the end of _____ (the month/week/year) I plan to improve my _____ wellness through the process of

_____.

I will know I did this by: (attending, measuring, observing, completing etc.) _____

_____.

If your idea requires collaboration / support from others:

Individual / Organization

Timeline for making initial contact

1. _____

2. _____

3. _____

Initial timeline and Statement of Commitment: Today, in order to improve my personal wellness, I hereby commit to myself that by (no later than one month from now), I will have completed the following step(s) towards my Wellness plan:

_____.

Group Wellness Worksheet

Choose your area of the wellness palette to focus on: Social, Emotional, Physical, Financial, Occupational, Intellectual, or Spiritual

Choose your group to focus on (trainees, Program leadership, other)

In doing this, consider: biggest need, highest gain and feasibility.

What is/are your group's perceived greatest need(s)? *Consider formal needs assessment once back home.*

What is/are your group's greatest barrier(s)? _____

What is / are your group's existing resource(s)? time, money, facilities, buy-in, support (from whom)?

Chosen Wellness Palette area of focus: _____ Chosen focus group: _____

Objective: (Make it i-SMART: important- Specific, Measurable, Achievable, Relevant and Time-based):

By the end of _____ (the planned session/month/week/year) I plan to improve my (residency program, fellowship program, program leadership, etc.) _____ group's _____ wellness through the process of _____.

I will know I did this by: (attending, measuring, observing, completing etc.) _____

If your idea requires collaboration / support from others:

Individual / Organization

Timeline for making initial contact

1. _____

2. _____

3. _____

I hereby commit to my group's wellness by pledging to complete (list initial steps) _____

_____ towards our wellness program by (date) _____.