

# Wellness Improvement Plan

As we explore the various areas of your wellness, use this tool to take notes and name your next steps. Friendly reminder: the small steps are the big steps!!!

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## SELF

**SLEEP**

**MOVE**

**FUEL**

**GROW**

My Next Step(s)

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## SOCIAL

**INNER CIRCLE**

**COMMUNITY**

**RECHARGE**

My Next Step(s)

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## SCHOOL

**COACH/COUNSELOR**

**BUDDY BENCH**

**END OF DAY ENERGY**

My Next Step(s)

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## SALSA

**LAUGHTER**

**NATURE**

**YOUR THING**

My Next Step(s)