

A written wellness plan or life plan is as necessary to your life as a written plan for any project of importance. Would you attempt a big project without a written plan? Hopefully not. A life plan can be quite simple and we know that only simple and easy plans tend to work for most people when complicated and difficult plans fail.

**A written life plan can be as simple as answering the following questions for yourself:**

## **Who Am I?**

- Words that describe me
- My values are
- My favorite things
- What am I grateful for
- What am I really good at
- Where am I most out of balance
- How productive am I
- How do I treat people
- Who cares about me (people who would loan you \$100-\$1,000 without question)
- My pet peeves (things I don't like)
- Who am I indebted to and what do I owe
- How much money do I have

## What are my Desires

- Write aspects about myself and/or things I think I want--that I don't yet have

## What are my Intentions

(intentions are similar to goals but they only what I am truly willing to do starting right now)

- How will I eat?
- What will I avoid eating?
- How will I move my body each day?
- How productive will I be?
- Who would I like to know?
- How will I use my time?
- What am I seeking professionally?
- What I want to be known for (my legacy)

## What is my Personal Mission

A personal mission statement may be desirable after some time, as it can be a simple statement that defines your core objective can be good to develop.

## **What Constitutes is a Good Life Plan?**

A good plan can help remind us what's most important to move closer to an ideal state of health in in the face of total uncertainty, hardship and difficulty.