



Wellness Plan Template

This template was created based on information from the following source. For more context, we encourage you to review the work of the original author:

Stoewen D. L. (2017). Dimensions of wellness: Change your habits, change your life. The Canadian veterinary journal = La revue veterinaire canadienne, 58(8), 861–862.

What is this resource?

This is a template that can be used to record self-care strategies related to several dimensions of our wellness.

How can this tool be used?

This tool can help you identify what you already do to support different dimensions of your wellness and areas to which you may wish to give more attention. This can be an opportunity to brainstorm, explore resources, and try something new!

There are many different dimensions of wellness in existence. We have included 7 dimensions: physical, spiritual, emotional, intellectual, vocational, social, and environmental. The descriptions of each have been included on the final page of this resource. As you record self-care strategies in each section, it might also be helpful to identify why you find that particular strategy helpful or the desired impact (e.g., ‘walking’ may become ‘walking outside to reconnect with my environment’).

We also hope that you make this template unique to you. In the eighth section, feel free to add any dimension that reflects an area of your wellness that you wish to highlight.



Physical

Spiritual

Emotional

Intellectual

Vocational

Social

Environmental

Add your own!



Dimension Descriptions

Physical

- Caring for your body to stay healthy now and in the future

Intellectual

- Growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges
- Expanding knowledge and skills while discovering the potential for sharing your gifts with others

Emotional Dimension

- Understanding and respecting your feelings, values, and attitudes
- Appreciating the feelings of others
- Managing your emotions in a constructive way
- Feeling positive and enthusiastic about your life

Social Dimension

- Maintaining healthy relationships, enjoying being with others, developing friendships and intimate relations, caring about others, and letting others care about you
- Contributing to your community

Spiritual Dimension

- Finding purpose, value, and meaning in your life with or without organized religion
- Participating in activities that are consistent with your beliefs and values

Vocational Dimension

- Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle
- Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding

Environmental Dimension

- Understanding how your social, natural, and built environments affect your health and well-being
- Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment
- Demonstrating commitment to a healthy planet