

Wellness Daily Plan

Daily routines and habits can help you stay on track with your wellness goals. List things you can do each day to feel well, and then track your success.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical							
Emotional							
Financial							

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Social							
Spiritual							
Environmental							
Occupational							
Intellectual							

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Financial

Financial activities are those tasks we do to assure we plan to meet basic needs, and help us feel as though we have control and knowledge over our financial situation. The following activities are often helpful:

- Set and follow a budget
- Balance your checkbook
- Track your spending

Social

Social activities can help us become more connected with others and nature. This may include spending time with friends, family, pets, and the community.

- Join a club
- Attend a support group
- Go out with friends
- Spend time with family
- Volunteer at an animal shelter



Spiritual

Spiritual activities are those done while involving one's beliefs and values that provide a feeling of meaning and purpose and help develop a sense of peace and balance in one's life. Examples of spiritual activities you may do to feel well include:

- Pray, meditate or spend time reflecting
- Spend time with nature
- Breathing exercises
- Attend church or become involved in a community
- Read inspirational books

Environmental

Environmental activities are those activities that help our living, learning, and working spaces as well as our communities and other surrounding spaces feel safe, clean, comfortable, and welcoming. Examples of activities you may do to feel well include:

- Recycle
- Clean work or home space
- Avoid littering
- Use less energy when possible (e.g., turning off lights)
- Ride a bike instead of taking a car

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Intellectual

Intellectual activities are activities that involve learning new knowledge, sharing knowledge, and applying knowledge.

Activities you might try include:

- Write
- Take a class
- Read a book
- Keep up with current affairs (e.g. watch news, read a newspaper or internet)
- Attend a play
- Learn about other cultures

Occupational

Occupational activities provide personal enrichment, satisfaction, and pleasure in life, and offer a sense of meaning and purpose.

Things you might do include:

- Work
- Volunteer
- Pursue hobbies



Physical

Physical activities are anything you do that gets you moving and increases your heart rate. Some activities many report helpful include:

- Take a walk in a park
- Go to a gym
- Practice yoga
- Garden
- Ride a bike
- Dance

Emotional/Mental

Emotional/mental activities are things you do to help recognize, express, and cope with feelings and emotions. Consider activities like:

- Journal
- Meditate
- Help others
- Watch a movie
- See a comedy
- Work on a hobby

