

Roadmap to Wellness

Planning Your Trip

Take a moment to reflect on what wellness means to you. How do you want to feel more often? Choose one personal wellness destination to guide your journey.



Choose Your Destination - Where are you headed?

Write down a destination that is personal, meaningful, realistic, and flexible to you.



Pack the Essentials - What are you bringing?

List 3 things you already have that will help you succeed.

Designing the Path

Detours - How do you plan to handle roadblocks?

Passengers -Who's Riding Along?

Write down 3 individuals who can support you in your journey.

Small Steps

Date	Tasks	✓