



























## Emotional Wellness Guide

*The purpose of this guide is so that there is shared understanding about what support I need to make choices toward a healthy and fulfilling life. This is my plan, & just as my needs can change over time this plan may also need to be updated from time to time to reflect my changing needs. An “x” in the last column means I need support for the activities. If there is no “x”, I can do these things by myself.*

<b>Name:</b>		<b>DOB:</b>	
<b>Address:</b>		<b>Phone #:</b>	
<b>Relationships &amp; Connections:</b> 		Important things for my wellness in this area	“x” = support needed
	Enjoyable activities that I do with others (please note individual if activity is linked to specific person):		
	My most important community connections include:		
	Social media, pets, plants, & other important connections:		
<b>Work &amp; Meaningful Day:</b> 		Important things for my wellness in this area	“x” = support needed
	Ways I want to help others or volunteer		
	These are some goals that I want to accomplish & will make me proud & happy (goals can be short-term & long-term):		

	These are the things that are MOST IMPORTANT to me for any work I do:		
<b>Lifelong Learning &amp; Creativity:</b> 		Important things for my wellness in this area	"X" = support needed
	Creative Expression: Journaling/Drawing/Singing/Music/Dance/Etc.		
	Enjoyable activities that I do alone:		
	Things I want to learn:		
	Positivity!!! This is what I love most about me (my gifts & talents):		
<b>Spiritual:</b> 		Important things for my wellness in this area	"X" = support needed
	Ways I pray and worship:		
	Outdoor activities or activities related to nature:		
<b>Physical Health:</b> 		Important things for my wellness in this area	"X" = support needed

	Exercise/Fitness:		
	Movement (when I get up & move around this is what I like to do):		
	What is most important to me for healthy eating:		
	This is the amount of sleep I need each night to feel good the next day:		
<b>Emotional Health:</b> 		Important things for my wellness in this area	"x" = support needed
	Relaxation & Soothing Activities:		
	Activities that make me feel good about myself:		
	Treating myself – these are the things that I like to do to give myself a boost of positivity when I need it &/or when I want to celebrate an accomplishment:		
<b>Other Things I want you to know:</b>		Important things for my wellness in this area	"x" = support needed
	Other important wellness tools (this might include any non-negotiables not already noted above):		