

# PERSONAL WELLNESS PLAN

ADAPTED FROM MASLOW'S HIERARCHY OF NEEDS

## SELF-ACTUALIZATION

- Sense of Purpose
- Sense of Creativity
- Sense of Potential

| SELF FULFILLMENT |

Check the boxes where you need improvement. List the action steps you will take to achieve progress in each area.

## SELF ESTEEM

- Self Worth
- Confidence
- Achievements
- Respect of & by Others



| PSYCHOLOGICAL NEEDS |

## LOVE & BELONGING

- Spiritual Connection
- Friendship Connection
- Family Connection
- Sexual/Romantic Intimacy



## SAFETY

- Housing
- Fianances & Resources
- Employment



| BASIC NEEDS |

## PHYSIOLOGICAL

- Sleep
- Relaxation
- Nutrition
- Regular Check-ups
- Exercise

