PILLARS OF WELLNESS

REFLECTIONS ON 2022

Reflect and answer these questions for each pillar:
What did I do well?
What didn’t I do well?
What would I do differently?

GOALS FOR 2023
Write your goal(s) for each Pillar of Wellness

BEHAVIORAL HEALTH/MENTAL HEALTH

Reflections on 2022:
Goal(s) for 2023:

FINANCIAL WELLNESS

Reflections on 2022:
Goal(s) for 2023:

PHYSICAL HEALTH

Reflections on 2022:
Goal(s) for 2023:

WORK-LIFE INTEGRATION

Reflections on 2022:
Goal(s) for 2023:

SOCIAL WELLNESS

Reflections on 2022:
Goal(s) for 2023: