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:

VISIT PFW.EDU/EMPLOYEE-WELLBEING

PURDUE UNIVERSITY FORT WAYNE

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