

GOAL PLANNER



Congratulations! You've completed your wellness wheel. Now what?

Your completed wellness wheel will reveal areas you feel strong in and areas you may want to address in some way. A great way to help make sense of your wheel is to create goals. Use the goal planner worksheet on the last page to plan your next steps towards wellness with the DBSA Wellness Wheel.

Using this Planner

First, prioritize your wellness wheel areas. Refer to your completed wellness wheel and think about the areas that are most important to you right now. In the list below, rank the areas by order of importance to you, with 1 being most important and 7 being least important in your life right now. Using the priority order you just created, fill in the “wellness wheel areas” section of your goal planner worksheet, starting with your #1 priority area at the top.

Second, create goals that will help improve your wellness for each area. Think about what actions you can take to improve your wellness in each of your wellness wheel areas. Write up to 3 goals for each of the 7 areas of wellness on your goal planner that you would like to work on. Though this sheet provides up to three goals for each area of wellness, you don't need to work on every area at once. ***Remember, smaller, more manageable goals can have a big impact on your wellness journey.***

An example of a completed goal planner has been provided for your reference on the following page.



DBSA Wellness Wheel GOAL PLANNER

WELLNESS WHEEL
AREA

WELLNESS WHEEL
AREA GOALS

COMPLETED EXAMPLE


In this example, you can see that the "Physical" area is top priority.


 <p>1 PHYSICAL</p>	<ol style="list-style-type: none"> 1. I will drink 80 oz. of water every day. 2. I will do yoga 3 days a week. 3. I will go to bed at the same time every day.
 <p>2 FINANCIAL</p>	<ol style="list-style-type: none"> 1. I will put \$50 in savings at each pay period. 2. I will create a budget that is better for me to follow. 3. I will make my credit card payments on time.
 <p>3 SOCIAL</p>	<ol style="list-style-type: none"> 1. I will reach out to an old friend this month to reconnect. 2. I will make time at home to connect with my loved ones more intentionally. 3. I will write a thank-you letter to someone I care about.
 <p>4 SPIRITUAL</p>	<ol style="list-style-type: none"> 1. I will practice meditation at least 5 minutes every day. 2. I will reflect and write in my journal on Sunday mornings. 3. I will complete the DBSA Spiritual Wellness worksheet.
 <p>5 ENVIRONMENTAL</p>	<ol style="list-style-type: none"> 1. I will spend time outside at least 10 minutes each day. 2. I'll spend 30 minutes a week organizing my closets so my house feels less stressful. 3. I will create and follow a more regular cleaning schedule.
 <p>6 OCCUPATIONAL</p>	<ol style="list-style-type: none"> 1. When I'm having trouble, I will ask for help. 2. I will do the most difficult thing first on my to-do list each day. 3. I will turn to my co-workers for peer support when I'm feeling stressed.
 <p>7 INTELLECTUAL</p>	<ol style="list-style-type: none"> 1. I will read one book this month. 2. I will continue my daily crossword puzzles. 3. I will make time to listen to the podcasts I enjoy.


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WELLNESS WHEEL
AREA


WELLNESS WHEEL
AREA GOALS


	1	1.
		2.
		3.


	2	1.
		2.
		3.

	3	1.
		2.
		3.

	4	1.
		2.
		3.

	5	1.
		2.
		3.

	6	1.
		2.
		3.

	7	1.
		2.
		3.