

# My Individual Wellness Plan

## Part 1: Spiritual Health

Please reflect on any of these factors in your life and how you manage them well or how you manage them with difficulty.

- \*Your Purpose in Life
- \*The Meaning of your Life
- \*Your Connectedness to a Faith or Belief
- \*The Source of Your Inner Strength, Wholeness and Hope
- \*Experiences of Peace
- \*What or Who You Feel Grateful For
- \*The Ways You Are Generous

