

BEHAVIORAL HEALTH/ MENTAL HEALTH

Reflections on 2023:

Goal(s) for 2024:



REFLECTIONS ON 2023

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

GOALS FOR 2024

Write your goal(s) for each Pillar of Wellness

PHYSICAL HEALTH

Reflections on 2023:

Goal(s) for 2024:



FINANCIAL WELLNESS

Reflections on 2023:

Goal(s) for 2024:



WORK-LIFE INTEGRATION

Reflections on 2023:

Goal(s) for 2024:



SOCIAL WELLNESS

Reflections on 2023:

Goal(s) for 2024:

