

PERSONAL WELLNESS PLAN

THE SEVEN SPHERES OF WELLNESS

SPHERE	DESCRIPTION	ACTIVITY	PERSONAL PLAN	TEAM PLAN
PHYSICAL	Improving and safeguarding our physical form. Encouraging activity that allows and enhances the pursuit of everyday life, work and leisure.	Safe, regular, appropriate exercise. Games, sport, fund Active lifestyle. Adequate rest. Supportive diet.		
SPIRITUAL	Our sense of God. Transcending human existence. Seeking meaning and purpose of life	Regular prayer, meditation Contemplation, self-examination		
EMOTIONAL	Our sense of self. Awareness and acceptance of personal responsibility for our own feelings.	Love. Give love. Feel. Allow. Enjoy. Express. Open.		
INTELLECTUAL	Encouraging the curious mind Engaging in creative, stimulating mental activity	Read good books. Engage in interesting conversations Play Chess, Scrabble, Boggle. Learn to juggle and write with the non-dominant hand.		
ENVIRONMENTAL	Our awareness of, and impact on the environment Our social and personal responsibilities for the Planet	Develop and safeguard your personal and inner (environment) space		
SOCIAL	Our sense of, and responsibility for others. Our contribution to relationships, human and physical environments	Build enriching and rewarding relationships		
CAREER/ WORKPLACE	Preparing for and doing work that is meaningful, enjoyable and that contributes to personal growth	Developing and sharing your skills and talents		

WELLNESS is the dynamic process of becoming aware of, promoting and pursuing ideas, attitudes and behaviours and making conscious choices towards a culture and way of living that focuses on achieving balance, good health and peace of mind.