

Intentional Wellness Worksheet

Intentional Wellness: making sure that wellness is a priority in your life; being self-aware when wellness has been compromised, and how to get back to feeling balanced

Tool 1: Intentional Reflection

Reflection: examining what is going on in your life, and how it is affecting you

Questions to ask:

1. What is something that is happening that is challenging?
2. What has been a recent highlight?
3. What is something I'm proud of myself recently?
4. (What is something I'm proud of ___ in the group recently?): to share with the group if this is something you're implementing in your wellness program at your institution

Tool 2: Intentional Scheduling

Scheduling: planning wellness into your calendar regularly

1. What activities promote my wellness?
2. How frequently do I want to do these activities? (Daily, weekly, monthly, yearly?)
3. How do I stay accountable? Who can partner with me on these activities to ensure accountability?

Tool 3: Setting Boundaries

Boundaries: a limit of a subject or sphere of activity

1. What are my non-negotiables?
2. What are my professional boundaries? How do I communicate these with my coworkers? What is my plan if I test positive for COVID-19 or get sick?
3. What are my personal boundaries? How do I communicate these with my loved ones? How do I maintain my emotional capacity?

Tool 4: Intentional Community

Community: a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals

1. Where do I find community?
 - a. Professional community (locally and nationally)
 - b. Personal community (family, friends)
2. How do I maintain my community? How frequently do I engage my community that is healthy for me?