

CREATING A PERSONALIZED WELLNESS BLUEPRINT

DESIGNING YOUR UNIQUE PATH TO SUSTAINABLE HEALTH

PARTICIPANT'S NAME: _____DATE_____



Module Eleven

My Wellness Blueprint Essentials

What are my top priorities in wellness (e.g., nutrition, movement, mindfulness)?

How will I create balance in these areas?

Focus Areas:



Building My Wellness Plan

Daily habits to prioritize

Weekly actions to stay consistent

Long-term strategies to adapt to challenges
