

My Well-Being Plan: From Insight to Action

As we close the *Human Flourishing* course, it's time to transform insights into intentional actions that support your continued well-being journey. Use this plan to define your personal priorities and commitments, inspired by what you've learned about strengths, values, joy, and purpose.

Step 1: Reflect Before You Act

Answer the following questions to center yourself:

- **What are my strengths?** *Think strengths or personal traits that energize you.*
- **What is important to me?** *What values guide your choices and actions?*
- **What brings me joy?** *Moments, people, activities—what lights you up?*
- **What am I grateful for?** *Small and big things—people, experiences, opportunities.*

Step 2: Commit to Actions that Support Your Well-Being

For each pillar—Body, Mind, Purpose—choose 2–3 small, realistic actions you want to integrate into your life. Focus on consistency over perfection.

- **Body – What supports my physical energy and vitality?**

ACTION	START DATE	TIMES/WEEK

- **Mind – What nurtures my emotional and mental clarity?**

ACTION	START DATE	TIMES/WEEK

- **Purpose – What connects me to meaning and contribution?**

ACTION	START DATE	TIMES/WEEK

Step 3: Build Accountability

To help you stay on track, complete the following:

My accountability partner(s): *Who can I check in with regularly?*

My preferred method of tracking:

- ☐ Journal
☐ Habit tracker app
☐ Weekly reflection notes
☐ Other: _____

Check-in frequency:

- ☐ Weekly
☐ Biweekly
☐ Monthly

Reward I'll give myself for consistency: *A small celebration, treat, or moment of joy.*

Step 4: My Personal Commitment Statement

Write a short statement summarizing your plan and intention.

I commit to.....