

Turn Up Your Brightness



Set Your Wellness Goals

Now that we've enLIGHTened you about each dimension of wellness, their benefits, and how they can positively impact your life, you can start lighting the way towards a more balanced well-being. Create short-term and long-term goals below to help you focus and commit to living a more healthy, well-rounded lifestyle. *(Using SMART goals can help: Specific, Measurable, Attainable, Relevant and Timely.)*

Goal #1:

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Goal #2:

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Goal #3:

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Goal #4:

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Goal #5:

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Goal #6:

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