

Personal Growth Plan

I will undertake the following activities to help establish balance and sustain personal wellness.

	Specific Activity	Time commitment and Frequency
Physical Consider exercise, fitness, weight control, attention to illness prevention		
Intellectual Consider study, reading, research issues, thinking, problem solving.		
Social Consider relationships, family, friends, colleagues, community engagement		
Emotional Consider management of feelings, particularly strong negative feelings		
Spiritual Consider prayer, meditation, contemplation on scripture, access to spiritual direction, involvement in a prayerful support group		

Plan to start: _____

Plan to be reviewed: _____

I share my plan with: _____

Signed: _____ Date: _____