

# Wellbeing Planner

Challenge Areas	Score 1 - 10	What would need to change to increase my score?	Priority	Progress from last Week (+ or -)
Substances				
Wellbeing and Exercise				
Social Life & Friends				
Family				
Relationships				
Housing				
Job & Education				
Finance				
Interests & Hobbies				
Legal				
Spirituality				

# Goal Getter

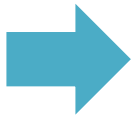
Specific Actions	When
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Helpful people  
& .....

My Goal

Strengths you  
Have or need

Possible Challenges



Solutions

# Weekly Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Goals I want to achieve today							