

Navigate Your Personal Wellness Plan

Priority	Resource	Contact Info	Done

Note: Feel free to prioritize and set your own deadlines to keep yourself accountable.

Notes

Questions? Please contact:

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To review the presentation:

To review resources from the presentation, visit gvsu.edu/s/1IB for a downloadable PDF.



Have questions regarding resources for one, two, or all of the dimensions of wellness? Write them below!



INTELLECTUAL

EMOTIONAL

SPIRITUAL

SOCIAL

OCCUPATIONAL

FINANCIAL

PHYSICAL

ENVIRONMENTAL
