

Short and Long Term Well-Being Action Plan Items

Instructions: Use this worksheet to synthesis your notes from the Well-Being Inventory into specific action items.

Action Item Category	Short term action item (easily attainable). Include 'what', 'how', 'when', and 'who'.

Action Item Category	Long term (requires more planning) Include notes about the 'what', 'how', 'when', and 'who'.