

Creating your Individual Wellness Plan Instructions

An Individual Wellness Plan is designed to help you evaluate which Components of Wellness you would like to improve and then create a set of values to turn to and keep you motivated and accountable to the action steps you will formulate throughout your journey to reach your desired wellness goals and ultimately advance your health and wellbeing. First, you will select no more than one to three Components of Wellness you would like to improve on for the next three months.



Physical: adopting healthy habits and physical activities that help us accomplish our life goals



Spiritual: expanding our sense of purpose & meaning in life by incorporating value, principles & beliefs to guide our actions



Financial: understanding our relationship with money and how to set and attain financial goals



Intellectual: acquiring knowledge through new experiences in pursuit of lifelong learning



Mental: prioritizing mental health by understanding our emotions and developing coping and communication skills



Environmental: making an eco-friendly impact in our workplace, community and world



Social: building and maintaining fulfilling relationships with family, friends and teammates



Occupational: contributing a positive impact at Myriad and to our society as a whole

After you have selected your Components of Wellness, you will then consider each of the Myriad Sequences of Wellness and ponder on what they mean to you and how you pursue your wellness journey. As you mindfully think about each of these values, you will start to see who will be important in helping you reach your goals, what resources you have available to you and what you need to learn more about, identify your strengths and limitations, and what best ways to care for yourself and stay committed when things get hard. When you have completed this exercise, you will have a strong and mindful foundation of values to turn to during the difficult parts of your wellness journey. These values and insights about yourself will help you in determining what action steps are BEST to take to improve on your selected Component of Wellness.



Collaboration means we support one another with our health and wellness goals and share our wins and lessons learned along the way.



Innovation comes from us working together to find bold and imaginative ways to meet those goals.



Inclusive means we understand that the wellness journey is unique and different for everyone, and we find ways to make sure everyone can participate, no matter what level of health they may find themselves.



Caring is providing encouragement when it is hard to change habits and turning to the wellness team to find resources and care that can help.








Committed means we hold ourselves and those around us accountable to our new wellness habits to make sure they last.

Example of Individual Wellness Plan

My name is Marissa Gray. I care about my wellness because I want to be around to take care of my family and to have the energy to go on adventures with them.



The Myriad Components of Wellness I want to work on are **Physical, Financial, and Social.**




-  I will collaborate with my husband and my doctor to provide me support, lived experience, and expertise for my Physical goal, as well as my new teammates for my Social goal.
-  I will be innovative by utilizing the MyFitnessPal app to track my calories for my Physical goal, use my Myriad Fidelity benefits to help me with my savings and retirement goals, and connect myself with Myriad employees using Yammer, Teams, and email to get to know my new teammates.
-  I am NOT a diligent person when it comes to forming new health habits, I know this about myself, so I have set an achievable goal to simply track my calories to start. Once I can do that for a few weeks, then I will slowly calibrate my calorie intake to meet my body fat percentage goals.
-  I celebrate each day when I track my calories, talk to one new person, and save instead of spend. I gently correct myself when I make a mistake and I have supportive friends and family when I struggle.
-  I am fully committed to strengthening my Physical, Financial, and Social Wellness. My husband is my accountabil-a-buddy who I check in with each day.

Use this template to help you get started with your own Individual Wellness Plan

My name is _____

I care about my wellness because _____

The Myriad Components of Wellness I want to work on are

-  _____
-  _____
-  _____
-  _____
-  _____