

# WELLNESS PYRAMID TEMPLATE



Use this template to create actionable goals that will help you improve upon a specific dimension of wellness (emotional, environmental, financial, intellectual, occupational, physical, social, or spiritual).

Attempt each level until you are successfully completing the activity consistently for 1-2 weeks, then move on to the next level, while maintaining the previous level's activities. By the time you reach the top of the pyramid, you will be making progress toward long-term results and behavior change.

Wellness Dimension of Focus:

