



My Well-Beingness Plan

To continue or begin your journey with Well-Beingness, we invite you to explore the following prompts.

For each of the domains, in the final column, *My Commitment to Myself*, feel free to respond by noting what you already do to attend to this domain or what you would like to start doing:)

Well-Beingness Domain	Well-Beingness Statements	My Commitment to My-Self:
Physical Domain	I learn to trust the language and wisdom of my body and understand how it communicates to me. It teaches me about its needs and has the ability to heal itself.	
Brain Domain	I am committed to life-long continuous learning to keep my brain plastic.	
Emotional Domain	I choose to be emotionally intelligent so that I can take full responsibility for my emotions and acknowledge the emotions in others.	
Spiritual Domain	I embrace my spiritual intelligence to honor, respect, and remain connected to my human community.	