



Wellness Potential Discussion Questions

1. What is one category that you feel motivated to change?
(Example options on wellness plan grid: Time for Self; Sleep; Managing Stress; Exercise and Nutrition)
2. What is a reasonable goal in this category? Can you make it specific?
3. What factors make it difficult to achieve your goals?
4. Is there a way to motivate yourself or hold yourself accountable to make your goal more attainable?
5. What benefits can you gain by making an improvement in even one area?