



MY WELL-BEING ACTION PLAN



Follow the instructions in the  activities and write down your results here to create your own personal well-being Action Plan.



Created by jef from Noun Project

MODULE: Work-Life-Balance

> My Current Obstacles

> Set Goals

until (date)	short - term	PERSONAL GOALS	long - term	until (date)
	short - term	PROFESSIONAL GOALS	long - term	

> Try A Time Management Tool

name of the tool:

ADVANTAGES

DISADVANTAGES

> Incorporate Stress-Reduction Techniques

technique:
 technique:

ADVANTAGES

DISADVANTAGES