

Mental Health and Wellness Worksheet
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Identify what behaviors/resources/people are important for your wellbeing and prioritize them from most to least important. It is recommended that you complete a wellness inventory before completing this worksheet. There are inventories here and here.

Sleep _____

Mindfulness _____

Exercise _____

Healthy Eating _____

Walks/Hikes _____

Leisure/Hobby _____

Work _____

Pursuits _____

Nurturing Relationships _____

Naps _____

Time with Significant Other _____

Time with Kids _____

Spiritual _____

Counseling/Therapy _____

Other _____

Other _____

Fit the top three to five things you chose into your schedule on a *regular basis*. These are your “non-negotiables.” Ideally, you will find time, at least occasionally, for your top six to eight.

