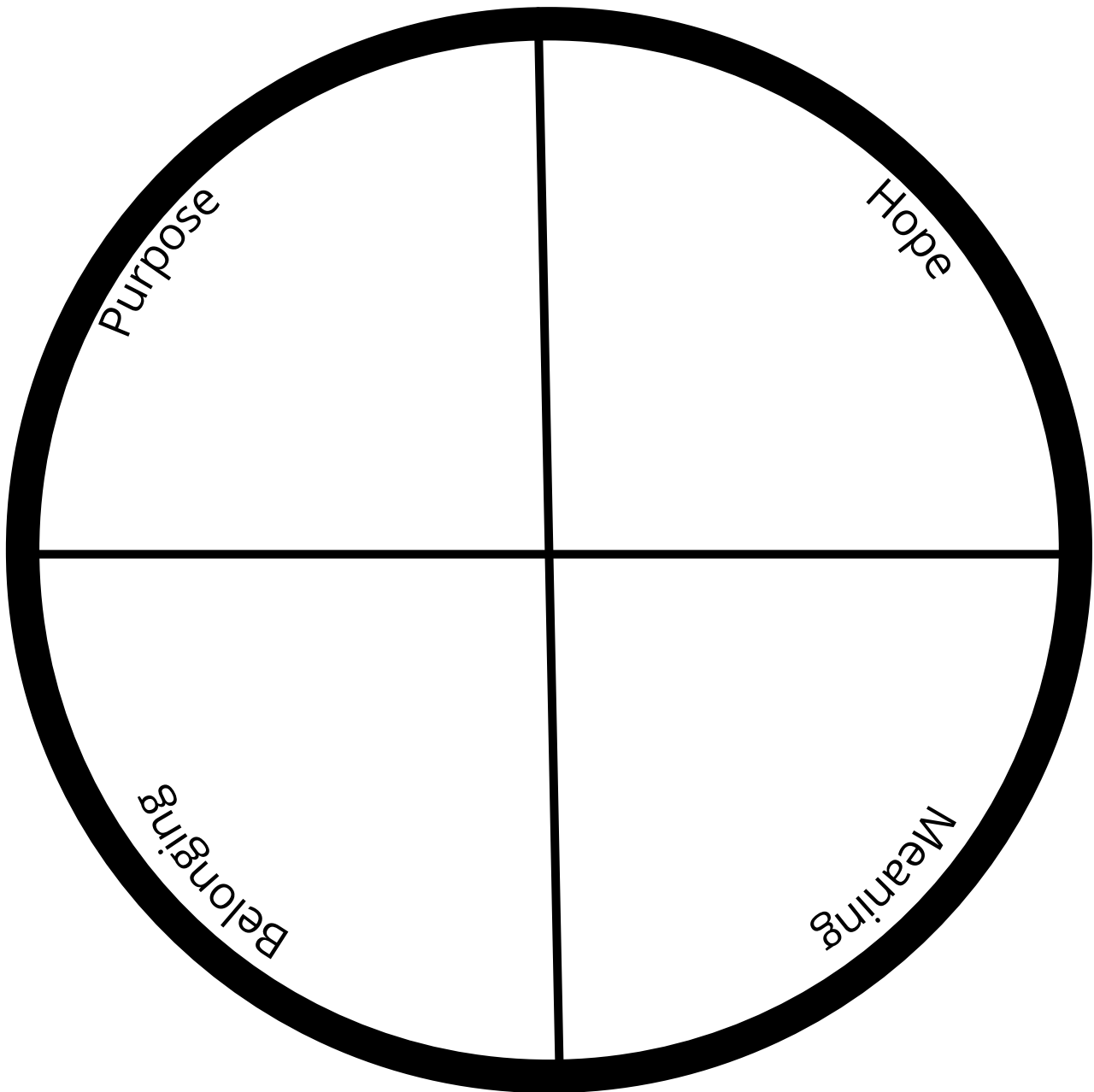


Mental Wellness Plan



Hope: include the things, people, places, experiences, ideas, and images that give you hope. What do you look forward to each day? What do you look forward to about the future? What are your hopes for the future for yourself and those you care about? What images come to mind when you think about hope? What gives you hope?

Meaning: include the things, people, places, and experiences that give you a sense of meaning. What gives you a sense of meaning? What meanings are important to you?

Purpose: include things and people that give you a sense of purpose. Also include what your sense of purpose is. What gives you a sense of purpose?

Belonging: include the people you feel connected to and the places where you feel you belong. Also include who you can share your wellness plan with. Where do you feel a sense of belonging? Who do you feel connected to? What helps you feel connected? What does belonging look like to you?