**Team Wellness Plan**

Refer to the areas we identified that affect workplace wellness. Select one or more areas in which you would like to see your team improve. Identify specific goals for those areas.

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| --- | --- | --- | --- |
| **Wellness Factors** | **Wellness Domain** | **Team Goal** | **Note(s) to Self** |
| **Workload/Job Demands** | * Spiritual
* Cognitive/Mental
* Emotional
* Behavioral/Physical
* Relational
 |  |  |
| **Meaning in Work** | * Spiritual
* Cognitive/Mental
* Emotional
* Behavioral/Physical
* Relational
 |  |  |
| **Wellness Factors** | **Wellness Domain** | **My Plan** | **Note(s) to Self** |
| **Efficiency & Resources** | * Spiritual
* Cognitive/Mental
* Emotional
* Behavioral/Physical
* Relational
 |  |  |
| **Control & Flexibility** | * Spiritual
* Cognitive/Mental
* Emotional
* Behavioral/Physical
* Relational
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| **Wellness Factors** | **Wellness Domain** | **My Plan** | **Note(s) to Self** |
| **Social Support & Work Community** | * Spiritual
* Cognitive/Mental
* Emotional
* Behavioral/Physical
* Relational
 |  |  |
| **Work-Life Integration** | * Spiritual
* Cognitive/Mental
* Emotional
* Behavioral/Physical
* Relational
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| **Wellness Factors** | **Wellness Domain** | **My Plan** | **Note(s) to Self** |
| **Organizational Culture** | * Spiritual
* Cognitive/Mental
* Emotional
* Behavioral/Physical
* Relational
 |  |  |

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