



thewellclinic
PROVIDING WELL-BEING THROUGH PSYCHOLOGY
 Rhythms of Well-Being

Main Area of Focus	Sub-Areas/ Examples	Ideas	Desired Outcomes	Next Step(s) SMART Goals
<i>Spiritual Formation</i>	Spiritual Disciplines			
	Mission, Vision, Values, Strategies			
<i>Psychological / Soul Care</i>	Mastery			
	Emotional Health + Well-Being (PERMA)			
	Pleasure/Fun			
<i>Physical Health</i>	Nutrition			
	Exercise			
	Sleep/Rest			
	Vitamins/Meds			
<i>Relational/Sexual Health</i>	Connection			
	Boundaries			
	Forgiveness			
<i>Environmental Health</i>	Order			
<i>Lifestyle + Financial Health</i>	Minimalism			
	Habits			
	Book-related			
	Finance-related			
<i>Leadership + Education + Vocation</i>	Growth			
	Systems			