



Lifestyle Wellness Strategic Plan

Give Yourself the Gift of Wellness!

Thoughtfully Prepared By: _____

Date: _____

WELL-LEADER MINDSET:

OPTIMIZE YOUR HEALTH & WELLNESS ROI

Copyright Notice

This *Lifestyle Wellness Strategic Plan* is for your personal use only and may not be used for any purposes other than your own personal improvement and development. This plan may not be altered in any way or distributed for reasons other than for personal use without written consent from **LORIUS Lifestyle**.

My Lifestyle Wellness Strategic Plan

My *Lifestyle Wellness Strategic Plan* shapes my journey toward giving myself the gift of wellness and outlines specific strategies and tactics I will undertake to overcome the challenges I face along the way to achieving my desired best self. **Giving myself the gift of wellness starts by knowing where I am today and how far I am willing to go to achieve my wellness future.** Creating a strategic plan for my lifestyle wellness journey will help me create realistic expectations about my long-term health and wellness and what it will truly take to achieve and sustain it.

1.0 My Wellness Mission, Vision, & Aspirations

MY WELLNESS MISSION (Wellness Why):

MY WELLNESS JOURNEY ASPIRATION:

MY WELLNESS VISION:

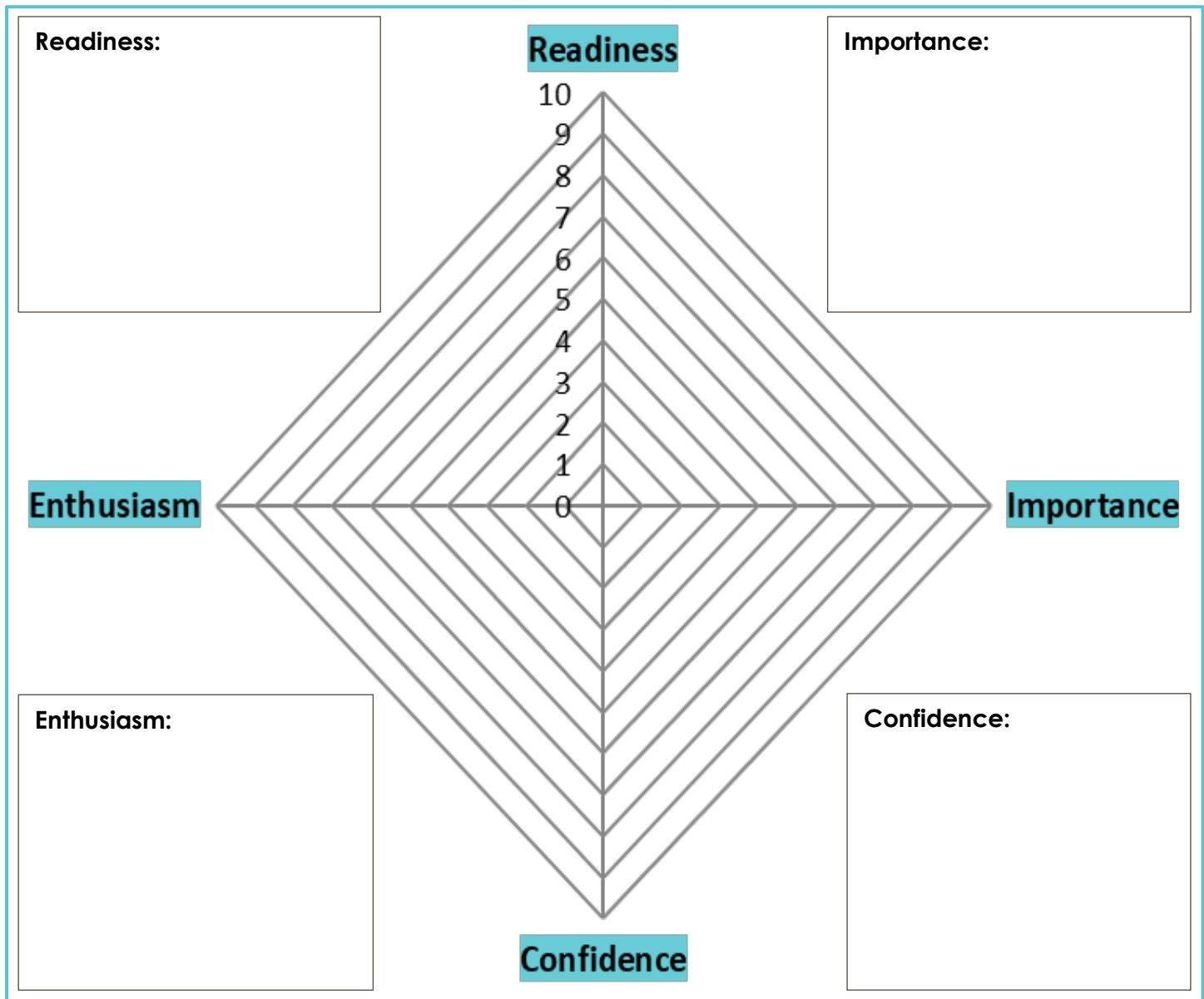
2.0 My Wellness Authenticity

My **Wellness Authenticity** engages my core strengths and values, which are the central musts and vital principles that guide me in my day-to-day and long-range decision-making, and they affect my lifestyle health choices. When making decisions about how to achieve my desired self, I will choose strategies consistent with my **five core strengths and values**:

MY TOP STRENGTHS	I Will Leverage This Strength to Support My Strategic Wellness Journey by:

3.0 My Wellness Presence - RICE Analysis

My RICE Analysis of readiness, importance, confidence, and enthusiasm represents a snapshot of critical components affecting my motivation to achieve my best self and identifies gaps to fill, assets to leverage, and risks I may encounter along the way. Combined with my strengths and core values, my RICE analysis highlights my uniqueness that puts me in control of my ability to achieve my best self. **My new thoughts and beliefs reframe and keep all components balanced and elevated.**



I will continue to work on building readiness, importance, confidence, and enthusiasm by strengthening my *Wellness Presence* and aligning my wellness tactics with my strengths and core values. Doing so plays off my uniqueness and keeps my strategies feeling authentic and effortless. This puts me in control of my ability to achieve my best self.

My goal is to increase all components concurrently to achieve balance. I will continuously monitor my RICE Analysis components so I can feel when any of the components are falling out of balance. An imbalance can happen at any time throughout my lifetime wellness journey. When I identify lower ratings for any component, I will think about what would need to happen to increase my ratings to achieve better balance using *Wellness Presence* building activities to bolster my courage and confidence. A strong *Wellness Presence* gives me the strength to keep moving forward, overcome threats and challenges, and capitalize on and integrate opportunities to enhance my wellness.

4.0 My Lifestyle Wellness Investment Goals & Targets: How Far I Am Willing to Go

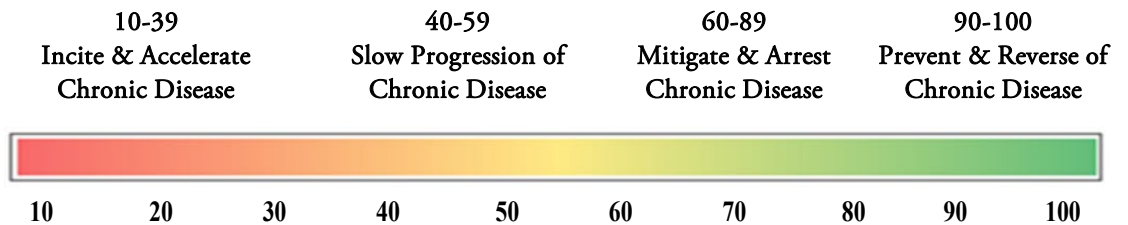
According to the American College of Lifestyle Medicine (ACLM), making behavior changes focusing on six lifestyle medicine (LM) areas, including improving **nutrition**, increasing **physical movement**, improving **sleep** quality, reducing **stress**, avoiding **risky substances**, and maintaining **positive relationships and connections** promote health and prevent disease. Also, creating a **safe and supportive environment** fosters and reinforces achievement of lifestyle wellness at home and work to sustain the behavior changes you decide to make.

Through the lifestyle choices I make, I get to potentially accelerate, slow, stop, prevent, and reverse chronic diseases of lifestyle from setting in by changing my health behaviors enough. How far am I Willing to Invest?

My Current Baseline, 6-Month Interim Goal, & Future Target for each Lifestyle Wellness component are displayed in the matrix below. *My Future Target* is my *long-term desire* for each component that aligns with my *Wellness Vision*. I get to adjust my goals and targets as needed to ensure my plan feels authentic and fits my lifestyle. **My three ratings below reflect my initial starting point for each of the eight components.**

Overall Lifestyle Wellness involves the decisions I make every day that impact my health and wellness in the long term. I must decide how I want to live into the future – disease free or taking a chance with my genetics - managing chronic diseases with medications, doctor’s visits, and procedures. Being willing to do enough to move and sustain my wellness practices into the green range increases my probability of adding years to my life and life to my years.

Ratings Range:



Priority										
	NUTRITION									
	MOVEMENT									
	SLEEP									
	STRESS MANAGEMENT									
	CONNECTIONS & POSITIVITY									
	RISKY SUBSTANCE AVOIDANCE									
	SUPPORTIVE HOME ENVIRONMENT									
	SUPPORTIVE WORK ENVIRONMENT									

OVERALL LIFESTYLE WELLNESS RATING										
-----------------------------------	--	--	--	--	--	--	--	--	--	--

5.0 My Lifestyle Wellness Investor Mindset Tactics & Distractions: How to Get There

My tactics are the overall means I will employ to achieve my *Wellness Vision* and *Future Targets*. Below are lifestyle wellness tactics aligned with the balance of *Evidence-Based Quality Standards (EBQS)* I am willing to invest in to giving myself the gift of wellness. I get to use distractions or rewards to make the actions I choose more pleasurable and tolerable.

LIFESTYLE AREA		MY TACTICS (daily, weekly, monthly)	MY STRENGTHS-BASED DISTRACTIONS
Priority			
	Lifestyle Nutrition		
	Future Target:		
	6-Month Interim Goal:		
	<p>EBQS: Optimize healthy, micronutrient-dense food choices using evidence-based dietary practices that include</p> <ul style="list-style-type: none"> • Whole Plant Foods • Minimally processed • High in fiber • Low in added salt, sugar, and oil • Low in saturated fat • Avoidance of sugary beverages 		
	Lifestyle Movement		
	Future Target:		
	6-Month Interim Goal:		
	<p>EBQS: Optimize regular, consistent weekly movement to achieve total physical fitness through</p> <ul style="list-style-type: none"> • Structured exercise • Non-exercise movement • Minimal daily sitting 		
	Lifestyle Sleep Quality		
	Future Target:		
	6-Month Interim Goal:		
	<p>EBQS: Optimize the quality of your sleep by entraining your internal body clock (circadian rhythm) to</p> <ul style="list-style-type: none"> • Reduce Wake-Sleep time • Extend Sleep Periods • Establish a Consistent Sleep-Wake Time 		

My Lifestyle Wellness Investor Mindset Strategies & Tactics, cont.

LIFESTYLE AREA		MY TACTICS (daily, weekly, monthly)	MY STRENGTHS-BASED DISTRACTIONS
Priority			
	Lifestyle Stress Management		
	Future Target:		
	6-Month Interim Goal:		
	Evidence-Based Quality Standard: Optimize stress management and resilience through <ul style="list-style-type: none"> • Healthy adaptation and coping mechanisms • Balanced mental well-being 		
	Lifestyle Positivity & Social Connections		
	Future Target:		
	6-Month Interim Goal:		
	Evidence-Based Quality Standard: Optimize positivity and social connections quality through <ul style="list-style-type: none"> • Balancing meaningful connections with people, ideas, & places • Exhibiting a positive possibilities mindset 		
	Lifestyle Risky Substance Avoidance		
	Future Target:		
	6-Month Interim Goal:		
	Evidence-Based Quality Standard: Optimize a substance management strategy by <ul style="list-style-type: none"> • Avoiding alcohol use • Eliminating tobacco and other risky substances 		

5.1 My Lifestyle Wellness by Design

Lifestyle Wellness by Design focuses on environmental changes at home and work to help make my healthy behaviors automatic and less taxing on my willpower. The changes support my long-term focus, tactics, and distractions I have chosen to implement and will continue to evolve over time.

LIFESTYLE AREA		MY TACTICS & DISTRACTIONS		
Supportive Home Environment				
Future Target:				Nutrition:
6-Month Interim Goal:				
Evidence-Based Quality Standard: Optimize and design your home life to elevate and support wellness by <ul style="list-style-type: none"> • making healthy choices the default • prioritizing self-care 				Movement: Sleep Quality: Stress Management: Risky Substance Avoidance: Connections & Positivity:
Supportive Work Environment				
Future Target:				Nutrition:
6-Month Interim Goal:				
Evidence-Based Quality Standard: Optimize and design your work life to elevate and support wellness by <ul style="list-style-type: none"> • making healthy choices the default • prioritizing self-care 				Movement: Sleep Quality: Stress Management: Risky Substance Avoidance: Connections & Positivity:

6.0 My Lifestyle Wellness Index (LWI) Measurement Tactics

My **Lifestyle Wellness Index (LWI)** transforms my perspective of my *Wellness Vision* to that of a strategic, long-term investment and retirement (and-beyond) strategy that I can benefit from now and along the way. My investment benchmarks are the *Evidence-Based Lifestyle Standards* for the **eight lifestyle wellness components** in my health and wellness portfolio. I've set my *Future Targets* and 6-month *Interim Goals* - my level of chronic disease risk/return I want to accept for each, just like I would do for my financial investments.

My **LWI** keeps me focused on the long-term; however, as needed, I will use the **short-term measurement techniques** below to monitor my progress and performance toward achieving each of my wellness goals. These measurements will focus on tactics and distractions and effectiveness of behaviors performed.

It is recommended that I monitor my LWI weekly for 2-3 months, then monthly for 6-months, and then quarterly. I will use the LWI Statement template, create my own template or use a journal entry. The measurements below are simple, efficient ways to help me keep a high-level overview of my progress. I will use them to adjust my tactics to sustain my long-term wellness transformation.

LIFESTYLE AREA	MY WELLNESS INVESTMENT MEASUREMENT TACTICS
Nutrition Quality	
Movement Quality	
Sleep Quality	
Stress Management Quality	
Positivity & Social Connections Quality	
Risky Substance Avoidance Quality	
Supportive Home Environment Quality	
Supportive Work Environment Quality	

7.0 My Lifestyle Wellness Resilience Tactics: Manage My Wellness Journey

It is time to ensure my success on my wellness journey. I know that I control my thinking, and I have what it takes to change already. I simply get to commit to it, live it, and own it. A **possibilities mindset** supports open-mindedness and creativity, which affect my resilience and ability to weather setbacks and adversity.

I know life will try to get in the way; that's simply part of being human. **I will choose how to think and interpret situations and purge my negative emotions. I will maintain positivity, and focus on changing my perspective:**



MY RESILIENCE CHECKLIST	MINDSET & THINKING CHANGE TACTICS
When I start focusing too much on the negativity of the past and start arguing for my limitations, I get to:	
When I begin to lose confidence and experience negative self-talk and self-doubt, I get to:	
When I feel my enthusiasm , energy, and focus on self-care wane during the day, I get to:	
When I face a challenge that impacts the priority of my health and wellness journey, I get to:	
When I recognize I am not enjoying an activity or it does not align with my strengths , I get to:	
When I feel stressed and need support to keep moving forward, I get to:	
When I start using willpower and begin to slip back to my old unhealthy behaviors , to stop this and get back on track, I get to:	
When I begin to let peer-pressure influence my health choices and feel uncomfortable being a nonconformist, I get to:	
When I know I will be attending an event that may limit my options to make healthy choices my default, I get to:	

8.0 My Lifestyle Wellness Sustainment Tactics: Continue My Wellness Journey

Now that I have created my *Lifestyle Wellness Strategic Plan*, I understand my *Wellness Why* and have a clear picture of my *Wellness Vision*. I have created my wellness goals and targets and aligned my tactics and distractions with evidence-based quality standards. **I get to measure and review my progress using the measurement plan to create my LWI. I will review and update my plan a minimum of every 6 months.**

My sustainment strategy will give me the courage and confidence to take the next steps to implement my plan and achieve the wellness I desire. **Identifying the support that I need in advance is critical to my long-term health and wellness.** Below are next steps and external resources and support I will secure to keep me courageously and confidently moving forward (e.g., wellness strategist, coach, nutritionist, meal service, fitness trainer, therapist, technology, etc.).

My next steps to initiate my plan and secure the resources and support I need to achieve success on my wellness journey are:

COMPONENT	NEXT STEPS & EXTERBAL SUPPORT RESOURCES	DUE DATE
Nutrition Quality		
Movement Quality		
Sleep Quality		
Stress Management Quality		
Positivity & Connections Quality		
Risky Substance Avoidance Quality		
Supportive Home Environment Quality		
Supportive Work Environment Quality		

9.0 My Lifestyle Wellness Strategic Journey Insights & Guiding Practices

Insights I have about my upcoming Lifestyle Wellness Strategic Journey that will guide my thinking and actions are:

10.0 My Lifestyle Wellness Strategy Session Insights

Now that I have created my *Lifestyle Wellness Strategic Plan*, understand my Wellness Why and have a clear Wellness Vision, I am ready to take the next steps to continue my wellness journey and give myself the gift of wellness. When I meet with my Wellness Strategist and/or coach, I will document my key takeaways below.

MEETING DATE	KEY TAKEAWAY

Oath & Commitment to YOU!

It is time for you to **Genuinely COMMIT** to start taking care of YOU! You are ready to stand tall, feel the confidence of someone who can achieve your best self, and choose behaviors consistent with someone who values health and wellness. Demonstrate your formal commitment.

On this day, _____, I commit to implementing my *Lifestyle Wellness Strategic Plan* to begin my wellness journey and achieve my *Wellness Vision*. I believe I can persist despite challenges, thoughts, and feelings that may get in the way. I will celebrate small actions and successes and stay focused on growth and possibilities. I will not make excuses that everyone and everything comes first before my own wellness. I will make health and wellness a part of my life and who I am, making it easy to make the healthy choice. I will keep the **WLM Creed** in the forefront of my thinking. This is what I truly want for myself, and I will follow through.

Signature: _____

Date: _____