



The UAB Employee Assistance & Counseling Center

SMILE Wellness Plan

Pick a healthy practice that you would like to build over the next two weeks to a month from one of the following categories:



Physical Wellness



Financial Wellness



Mindful Eating



Nutritional Wellness



Stress Management



Positive Psychology



Sleep Wellness



Resilience Building



Work-Life Integration

Example Goal: *For the next two weeks, I will practice meditation at my office desk 10 minutes in the morning before I respond to my emails. (Stress Management)*

GOAL 1

Action Plan/Steps: _____

Barriers to achieving goal: _____

Strategy for combating barriers: _____

GOAL 2

Action Plan/Steps: _____

Barriers to achieving goal: _____

Strategy for combating barriers: _____

GOAL 3

Action Plan/Steps: _____

Barriers to achieving goal: _____

Strategy for combating barriers: _____
