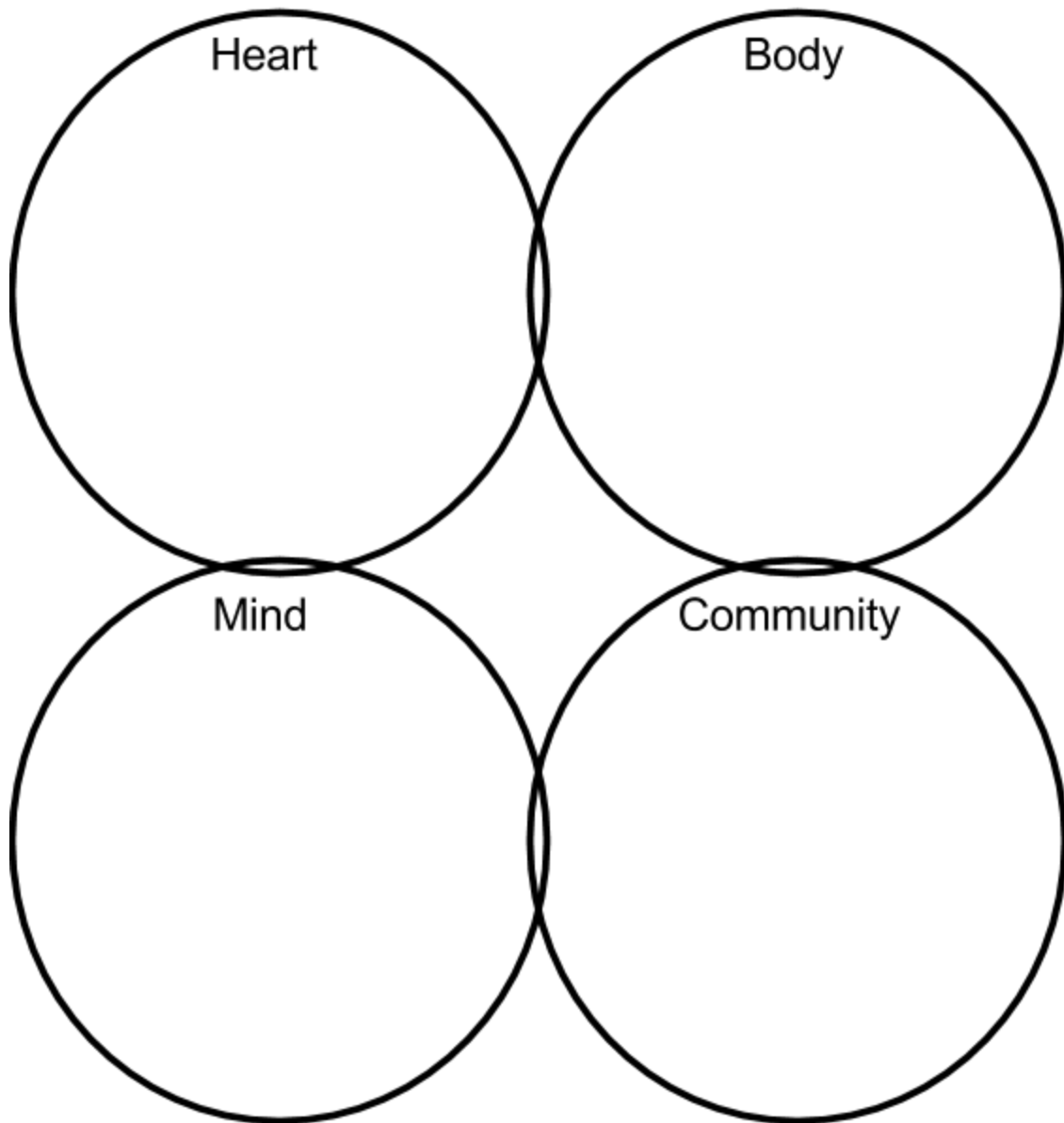


# Wellness Planning Worksheet

(Modeled after the Audre Lorde Project)

What are your needs for a particular time, event, conversation, etc.? Use this chart to name your current or anticipated needs, and who can support you in getting those needs met. Your wellness plan can look however you want it to! Go [here](#) for more information about this exercise.



**Key**

**Body** = biological needs, physical needs

**Mind** = emotional needs, needs for your thought process

**Heart** = motivation needs, spiritual needs, how you stay grounded

**Community** = needs from your social relationships, interpersonal needs/support