

# WELLNESS PLAN

## "MY BEST DAY"

This is a simplified wellness plan based on the WRAP concepts created by Mary Ann Copeland, founder of The Copeland Center\*.

- What does Wellness mean to me?

---

---

---

- What am I like on my best day? How would other people describe me, or how would I describe myself, when I am well? What behaviors are the most typical of my state of mind on my very best days?

---

---

---

- What things MUST I do or have as a part of my day to have my "best day"?

---

---

---

What are some things I could do to feel well when I need additional intentional support?

---

---

---

## Picture It

Think about what you look, feel, speak, act, behave like on your best day. Take a moment to draw what that might look like.