



Planning Guide: Creating Your Mission for Wellness

Realistically, what are some issues you would like to address through a wellness initiative at work (look beyond health care)?

Issues to address through wellness	Ideas on how to address the issues

Are there barriers to building a wellness initiative in your organization? Can you identify any issues in your workplace that might boost wellness?

Barriers to wellness	Boosters for wellness

What does “wellness success” look like for employees?

- 1.
- 2.
- 3.
- 4.

How does leadership define “wellness success?”

- 1.
- 2.
- 3.
- 4.

What will help drive your wellness initiative toward individual and leadership success?

- 1.
- 2.
- 3.
- 4.

Have your champions each define what wellness means to them (separately)?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What is the mission statement of your organization?

Draft a mission statement specifically for your wellness initiative that aligns to the mission of the organization, takes into consideration the expectations of your leaders, employees and champions, and provide a clear message about the results from the identified goals and expectations.