



# HEALING PLAN

You wouldn't go on a trip to a new destination without a map, would you? Well, a Healing Plan is your map to your Healing Journey. What are you going to do this month on the path to your own Wellness?

	<b>Spiritual</b>	<b>Emotional</b>	<b>Mental</b>	<b>Physical</b>
<b>Example</b>	Pray for my healing and my families healing every morning before I go to work.	Go to weekly talking circles and share what I am feeling about my healing.	Make a digital story about my healing journey.	Walk 3 miles every day after work to allow my body to stay healthy.
<b>Week 1</b>				
<b>Week 2</b>				
<b>Week 3</b>				
<b>Week 4</b>				

**Remember: Healing is a journey, not a destination! Happy Travels!**