

## 8 Dimensions of Wellness Monthly Planning

<b>October 2020</b>	Spiritual
<b>November 2020</b>	Vocational
<b>December 2020</b>	Psychical
<b>January 2021</b>	Intellectual
<b>February 2021</b>	Emotional
<b>March 2021</b>	Social
<b>April 2021</b>	Environmental
<b>May2021</b>	Financial