|  |  |  |  |  |
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| **Personal Healthy Healer Plan** | | | | |
| **Goal 1 (required):** | | | | |
|  | **Tasks/Action Steps**  *What will be done?*  (Add additional rows as needed) | **Responsibilities**  *Who will do it?* | **Resources**  *Funding, Time, People, Materials* | **Timeline**  *By when? (month/day)* |
| 1. |  |  |  |  |
| 2. |  |  |  |  |
| 3. |  |  |  |  |
| 4. |  |  |  |  |
| 5. |  |  |  |  |
| 6. |  |  |  |  |
| **Goal 2 (optional):** | | | | |
| 1. |  |  |  |  |
| 2. |  |  |  |  |
| 3. |  |  |  |  |
| 4. |  |  |  |  |
| 5. |  |  |  |  |
| 6. |  |  |  |  |
| **Consider the following questions as you develop a plan to reach your goals:** | | | | |
| * **What issues related to Historical Trauma can affect the success of my plan?** | | | | |
| * **What Strengths from my Culture or family will help me succeed toward my goal?** | | | | |
| * **How might my childhood experiences affect the success of my goal?** . | | | | |
| * **My current family support is:** | | | | |
| * **The Stressors and Triggers I need to consider:** | | | | |
| * **What is the positive self-talk message I can use when I get triggered?** **OR What is a “positive phrase” from an Elder/ or role model I can say to myself when I get triggered?** | | | | |