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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?**
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| * **What Strengths from my Culture or family will help me succeed toward my goal?**
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| * **How might my childhood experiences affect the success of my goal?** .
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| * **My current family support is:**
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| * **The Stressors and Triggers I need to consider:**

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| * **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?**
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