

MONTHLY REVIEW

WHICH WELLNESS DIMENSIONS DID YOU FOCUS ON?

PHYSICAL, SPIRITUAL, FINANCIAL, INTELLECTUAL, SOCIAL, EMOTIONAL, OCCUPATIONAL, ENVIRONMENTAL

WHAT WERE YOUR BIGGEST WINS?

I managed to go on daily walks to help me stay physically active.
I meditated every morning in the garden.
I've managed to stick to my monthly budget.



HOW ARE YOU DOING IN EACH OF THE WELLNESS DIMENSIONS?
Rate your progress in each dimension from 1 to 10, from outer the border to the center.



WHAT WORKED WELL FOR YOUR OVERALL WELLBEING?

Taking the time to focus and meditate every morning helped me start each day positively. Following a monthly budget also felt great, because I knew this I was being accountable and saving for the future.



WHAT DIDN'T WORK? WHY?

I definitely used the month I did not cut all the stress out of my life, but I found some relaxation techniques for dealing with it. One of those is regular physical activity and long daily walks I feel so much better already. I improved in all 8 wellness dimensions where I've struggled the most.

HOW DO YOU FEEL ABOUT YOUR PROGRESS OVERALL?



WHAT ARE YOU LOOKING FORWARD TO NEXT MONTH?

MONTHLY REVIEW
Reflect on your progress regularly.

MONTHLY PLAN
Plan your wellness routine ahead of time.

8 MONTH & YEAR September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	PLAN ABILITY TO ADAPT
4 Meal prep	5 2 pm Dance	6 Hoga	7 Hoga				
11 Gym Meal prep	12 Family brunch	13 Gym	14 3 pm Dancers				GOALS TO UPDATE
18 Hoga Meal prep	19 Hoga	20 12 pm Photography class	21 Running club				THOUGHTS TO ADJUST
25 11 am Pilates class Meal prep	26 Running club	27 Gym	28 Hoga		29 Spa with Kelly		PLACES TO GO Lullingdon Park
2 Meal prep	3 Hoga	4 Hoga	5 Hoga	6 Running club	7 Gym	8 Spa with Kelly	PEOPLE TO SEE My grandparents

MOST IMPORTANT WELLNESS GOALS THIS MONTH

Exercise 3 times a week



Get my grandparents

Meditate daily

Start a gratitude journal

MOST IMPORTANT WELLNESS GOALS THIS MONTH

Make a monthly budget



Organize a team brunch



Read a book on history

Declutter my office at home

Wellness Planner Manual

**Marilynn E. Doenges, Mary Frances
Moorhouse, Alice C. Murr**



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