

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
1 Meal prep	2 2 pm Dances	3 4	5 Hoga	6	7	8	ABILITY TO ADAPT
9 Gym Meal prep	10 Family brunch	11 Gym	12 3 pm Dances	13	14	15	ABILITY TO ADAPT
16 Hoga Meal prep	17 Hoga	18 12 pm Photography class	19 Running club	20	21	22	ABILITY TO ADAPT
23 11 am Meditation class Meal prep	24 Running club	25 Gym	26 Hoga	27	28 Jazzercise Intensity	29	PLACES TO GO Lullington Park
30 Meal prep	1 Hoga	2 4	3 Hoga	4 Running club	5 Gym	6 Jazz 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

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Wellness Planner Manual:

Wellness Planner Manual Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Wellness Planner Manual**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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