

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 (a little) to 10 (a lot).



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 Yoga	7 Yoga				
11 Gym Meal prep	12 Family brunch	13 Gym	14 3 pm Taijiquan				GOALS TO UPDATE
18 Yoga Meal prep	19 Yoga	20 12 pm Photography class	21 Running club				THOUGHTS TO ADJUST
25 11 am Taijiquan class Meal prep	26 Running club	27 Gym	28 Yoga		29 Jazzercise birthday		PLACES TO GO Lullingdon Park
2 Meal prep	3 Yoga	4 Yoga	5 Yoga	6 Running club	7 Gym	8 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 Pro

CH Cherryholmes

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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Employee Benefits Journal ,1996 *Handbook of Rehabilitation in Older Adults* Robert J. Gatchel,Izabela Z. Schultz,Christopher T. Ray,2019-02-27 This book discusses the state of the research and cutting edge practice with regard to chronic illnesses and rehabilitation in older adults It emphasizes biopsychosocial and culturally appropriate rehabilitation approaches to reduce the degree of disability and maximize independence in the activities of daily living among the burgeoning aging population Organized in four sections Introduction and Overview Major Illnesses and Problems in Aging Populations Evaluation of Functional Rehabilitation Approaches for Aging Populations and Future Clinical Research Needs the book includes chapters on the graying of the West with implications for increased chronic illnesses and disabilities a review of biopsychosocial rehabilitation approaches important aging issues such as slips and falls musculoskeletal pain chronic disabling conditions such as cancer and cardiovascular disease and work related factors to maintain work engagement in older workers TheUS Census Bureau projects that by the year 2030 about 20% of the U S population will be 65 or older contributing to the increased concern about healthcare and rehabilitation issues among older adults div This work will be of interest to healthcare rehabilitation vocational human resource and disability management professionals policy makers as well as researchers in areas of aging gerontology chronic illness disability rehabilitation social work medicine and psychology Journal of the House of Representatives of the United States United States. Congress. House,2010 Some vols include supplemental journals of such proceedings of the sessions as during the time they were depending were ordered to be kept secret and respecting which the injunction of secrecy was afterwards taken off by the order of the House **Health Education** ,1985 **The Journal of the American College of Dentists** American College of Dentists,1999 Includes the college s Register of membership 1934 55 The Journal of Home Economics ,1990 *Journal of the American Veterinary Medical Association* American Veterinary Medical Association,2016 **Journal of the American Dietetic Association** ,2000 School Food Service Journal ,1993 Journal of Health Education ,1999 **Journal - American Health Care Association** American Health Care Association,1983 *West Virginia Medical Journal* ,1989 **Journal of the Proceedings of the Common Council** Detroit (Mich.). City Council,1999 **American Journal of Health Planning** ,1976 **Journal of Physical Education, Recreation & Dance** ,1989 Journal of the American Pharmaceutical Association ,1997 **Benefits & Compensation Digest** ,2005 **Journal of Food & Nutrition** ,1987 Singapore Medical Journal ,1983 **Health Promotion International** ,1999

Adopting the Tune of Appearance: An Emotional Symphony within **Wellness Planner Pro**

In some sort of taken by monitors and the ceaseless chatter of instant conversation, the melodic beauty and psychological symphony created by the published word often diminish into the back ground, eclipsed by the constant sound and distractions that permeate our lives. Nevertheless, situated within the pages of **Wellness Planner Pro** a wonderful fictional value full of organic feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this fascinating masterpiece conducts visitors on a mental journey, well unraveling the hidden songs and profound affect resonating within each carefully constructed phrase. Within the depths of this poignant examination, we can examine the book is main harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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