

2021

WELLNESS PLANNER

OurMindfulLife.com

JAN

Set ambitious
but attainable
yearly goals

FEB

Find the self-
care routine that
works for you

MAR

Practice
single-tasking

APR

Document and
celebrate
small wins

MAY

Cut negative
self-talk

JUN

Learn to
say "No"

JUL

Document and
celebrate
small wins

AUG

Fuel your body
with wholesome
food

SEP

Find your passion
and work on it

OCT

Take regular
days off social
media

NOV

Engage in mood-
lifting exercises

DEC

Review your
change and
growth

Wellness Planner Ideas

Rasheda Weaver



Wellness Planner Ideas:

625+ Easy Digital Product Ideas For Earning Passive Income While You Sleep Om Prakash Saini, 2024-02-16

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14 Days to Wellness Donald Ardell, Donald B. Ardell, 1999

Drawn from the author's 20 years of experience promoting wellness worldwide, this two-week program features 14 steps that take only 20 minutes to complete but make for a lifetime of physical, emotional, and mental wellness. *14 Days to a Wellness Lifestyle* Donald B. Ardell, 1982. Abstract: A systematic approach to good health focuses on providing information and motivation. Exercises and checklists encourage participation. The wellness lifestyle is based upon self-responsibility, nutritional awareness, physical fitness, stress management, and environmental sensitivity. Topics include perspectives on the medical system, hazardous cultural norms, creating a healthy self-image, self-responsibility, and physical fitness. A lesson on eating for performance encourages the use of fruits, vegetables, and whole grains. Salt, refined sugars, caffeine, soft drinks, and alcohol are not positive foods in a wellness-supportive environment. Successful wellness programs from around the US are described. An annotated list of recommended readings is included; a list of music recommended to accompany the program also is included.

My Fitness and Wellness Planner Popcorn Publishing, Spark52, 2019-09-28. Fitness and nutrition workbook and tracker. Keep motivated, recognize your achievements, and celebrate your progress in this Wellness planner. About This Planner: Undated, start anytime throughout the year. 2 Pages per week. Track your workout, sleeping, water intake, mood, and meals each day. Assessment and Goals page for you to record where you are now and where you want to be. Every 4 weeks track progress and journal. Extra lined journal pages at the back of the book for notes, workout ideas, or recipes. Extra large notebook size 8.5 x 11 inches. White paper, Matte cover. Who is this Wellness Planner for? This undated Wellness Planner is perfect for anyone who wants to improve their fitness. Wants a place to record monthly wellness goals and ideas. Is willing to commit to personal accountability to improve their wellness. Spark52 Planners, where you will create your amazing life.

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chatGPT Jennifer shrine, 1000 Prompts for ChatGPT Unlock the true power of AI with 1000 Prompts for ChatGPT the ultimate guide for creators entrepreneurs students writers coaches and anyone who wants to think bigger work smarter and create faster This book is designed to transform the way you interact with AI Inside you ll discover a carefully curated collection of 1000 high quality prompts across multiple categories business creativity education productivity storytelling

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Employee Health and Assistance Programs, 1995

Fitness and Wellness Planner FarOutandFabulous

Planners, 2019-10-04 Notebook to log your fitness plan and progress with pages for The Plan current and goal weight and measurements Two Journal pages to add your own positive affirmations Two pages for each week to log your Weekly Activities and Food Fuel for Your Body Progress page and a Penny For Your Thoughts page every 4 weeks Additional Notes pages at end 128 pages 8 5 x 11 Glossy paperback cover

Secrets of a Kosher Girl Beth Warren, MS, RDN,

CDN, 2018-06-25 Secrets of a Kosher Girl integrates the ancient principles of a kosher diet and lifestyle with proven weight loss strategies emphasizing whole foods or clean eating This easy to follow 21 day diet and exercise plan results in an average loss of 6 to 11 pounds and improvements in mood muscle mass and energy along with cholesterol and blood sugar levels Beth lost weight on her proven program and shows how you can too First you ll discover how to prepare your mind body and pantry to follow the diet successfully and how it s important to have the strong discipline and intuitive eating techniques inherent in a kosher diet to condition your mind Next Beth explains how physical activity is not only important to health and weight loss but how this concept has been around since biblical times Last Beth provides everything you need to start the program 21 days of meal plans recipes and daily fitness goals with motivational quotes to inspire you along the way Lose weight the kosher way

365 Days 365 Stories

Rabia Patel, 2022-05-11 365 Days 365 Stories is a compilation of

stories of different women from various strata of society who have overcome difficulties and challenges and set a vision for other women to follow Women contribute tirelessly to day to day mundane activities to empower the society as a whole Some work relentlessly to ensure the growth of the community and mentor others to overcome similar adversities This book is nothing short of Success Stories but a mini version to celebrate these lovely women on a broader platform It helps us determine that nothing can stop a woman who decides to change her life What doesn t break her only makes her stronger and wiser

The Ultimate Wellness Planner

Rasheda Weaver, 2019-04-15 The Ultimate Wellness Planner is over 230

pages long and includes a planner orientation page 1 wellness planning intentions sheet 1 self care tip sheet 12 monthly wellness planning sheets for documenting your wellness goals and activities 12 end of the month check in pages inspirational wellness quotes throughout the planner for encouragement 31 daily wellness planning entries per month that revolve around core areas of self care and that also provide a space for recording gratitude and 3 note pages to record thoughts and ideas

Fitness and Wellness Planner FarOutandFabulous Planners, 2019-10-04 Notebook to log your fitness plan and progress with pages for The Plan current and goal weight and measurements Two Journal pages to add your own positive affirmations Two pages for each week to log your Weekly Activities and Food Fuel for Your Body Progress page and a Penny For Your Thoughts page every 4 weeks Additional Notes pages at end 128 pages 8 5 x 11 Glossy paperback cover

Wellness

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