

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
1 Meal prep	2 2 pm Dances	3 Hoga	4 Hoga	5 Hoga	6 Hoga	7 Hoga	8 Hoga
9 Gym Meal prep	10 Family brunch	11 Gym	12 3 pm Dances	13 Hoga	14 Hoga	15 Hoga	16 Hoga
17 Hoga Meal prep	18 Hoga	19 12 pm Photography class	20 Running club	21 Hoga	22 Hoga	23 Hoga	24 Hoga
25 11 am Meditation class Meal prep	26 Running club	27 Gym	28 Hoga	29 Hoga	30 Hoga	31 Hoga	32 Hoga
33 Meal prep	34 Hoga	35 Hoga	36 Hoga	37 Hoga	38 Hoga	39 Hoga	40 Hoga

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

Terry C. Jones



Wellness Planner Manual:

The A Leader's Manual for Demential Care-Partner Support Groups Alan Wolfelt, Edward G Shaw, 2020-01-01 If you're thinking about starting a support group for dementia care partners this downloadable leader's manual is for you The Dementia Care Partner's Workbook is a new resource from Companion Press that is both a support group participant's manual and self-study guide for care partners who have a loved one with Alzheimer's disease or another form of dementia Its ten concise lessons not only walk you through the types brain biology and progressive symptoms of dementia but also offer practical tips for managing behaviors coping with emotional issues prioritizing self care and planning ahead everything from diagnosis to end of life If you are a medical mental health or other healthcare professional wanting to lead a support group for dementia care partners or a layperson with a heart for those on the journey A Leader's Manual for Dementia Care Partner Support Groups is the comprehensive resource you need The Manual provides general information about establishing and leading support groups counseling skills for leaders and co-leaders how to handle challenging group participants step by step instructions on how to run each of the ten individual weekly meetings including meeting specific handouts and lots of practical advice from co-authors Dr Edward Shaw physician mental health counselor and former dementia care partner and Dr Alan Wolfelt world renowned thanatologist grief counselor and author The handouts and worksheets are number coded for easy cross referencing with the content of The Dementia Care Partner's Workbook

Manual of Healthy Longevity & Wellbeing Luigi Fontana, 2023-02-01 Your practical guide to wellbeing and longevity

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Manual of Modern Geography, Mathematical, Physical, and Political, on a New Plan Embracing a Complete Development of the River Systems of the Globe Rev. Alexander Mackay (LL.D.), 1876

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activities school university partnerships and networks educational management as well as teaching and learning in schools and colleges It builds on research conducted in the 1990s during which the pursuit of school improvement and skill development first converged A Guide to Curriculum Planning in Health Education Wisconsin Department of Public Instruction,1999 *The Counselor's Companion* Jocelyn Gregoire,Christin Jungers,2013-05-13 Students and recent graduates of counseling and human services programs will consider The Counselor s Companion an indispensable tool to enhance professional practice knowledge and skill The text is a reference style resource that provides new counselors with a way to bridge the gap between what they learned in the classroom and the challenges they will meet in their practice Beginning counselors will find concise answers to common questions that will likely arise in the course of their professional development and a reliable reference companion as they embark on their careers in the profession This volume features contributions from counselor educators and professionals in the field guided largely by the core curriculum of the Council for Accreditation of Counseling and Related Program CACREP Information is presented in brief form making the main points of each section concise clear visible and easily accessible Readers are also introduced to cutting edge areas of research

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