

A background image showing a cup of tea, a notebook, and glasses on a desk. The cup is white with a gold pattern and contains a dark liquid. The notebook is open with lined pages. The glasses are gold-rimmed. The desk is light-colored wood.

The Well-Being Workbook

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- **Physical Well-Being**
 - **Mental Well-Being**
 - **Spiritual Well-Being**
 - **Social Well-Being**

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INTRODUCTION

Welcome to the Well-Being Workbook, your comprehensive guide to achieving a balanced and fulfilling lifestyle.

We designed this user-friendly resource to help you monitor and improve your physical, mental, spiritual, and social well-being through interactive tracking and reflective exercises. The Well-Being Workbook offers a holistic approach to self-improvement, from sleep and nutrition to mindfulness and relationship-building.

You don't need to tackle everything in one go. Instead, go through everything slowly and thoroughly. As you navigate each section, you'll gain valuable insights into your habits and discover practical strategies for fostering a healthier, happier you.

Embark on this transformative journey and embrace the power of well-being in every aspect of your life.

SLEEP

**WHAT HOLDS YOU BACK FROM GETTING A
BETTER SLEEP**

HOW CAN YOU DEAL WITH THOSE ISSUES?

WHAT IS YOUR IDEAL BEDTIME ROUTINE?

SLEEP TRACKER

Use this calendar to track how well you slept. This information might help you spot behavior patterns that negatively affect your sleep.

Month:						
MON	TUES	WED	THURS	FRI	SAT	SUN

EATING RIGHT

FOODS YOU LIKE THAT ARE ALSO HEALTHY (70% of DIET)

FOODS YOU DON'T LIKE BUT ARE HEALTHY (20% of DIET)

FOODS YOUR LIKE BUT ARE UNHEALTHY (10% of DIET)

HEALTHY EATING TRACKER

Use this calendar to track how well you are eating. You might spot behavior patterns that negatively affect your healthy eating.

Month:						
MON	TUES	WED	THURS	FRI	SAT	SUN

EXERCISE

EXERCISE YOU ALREADY DO

EXERCISE YOU ARE INTERESTED IN TRYING

NON-EXERCISE WAYS YOU CAN INCORPORATE MORE ACTIVITY INTO YOUR LIFE
[I.E. WALKING UP THE STAIRS AT WORK INSTEAD OF USING THE ESCALATOR]

EXERCISE TRACKER

Use this calendar to track the days you have at least 30 minutes of physical activity. Use it to spot any lulls in your exercise.

Month:						
MON	TUES	WED	THURS	FRI	SAT	SUN

SETTING HEALTHY BOUNDARIES

WHAT ARE YOUR PERSONAL BOUNDARIES?

**IS THERE ANYONE YOU NEED TO SET
BOUNDARIES WITH?**

WHO SHOULD I SAY NO TO MORE OFTEN?

TREAT YOURSELF

This is a particularly fun part of self-care – treating yourself. Figure out some ways that you can pamper yourself throughout this whole journey. You can use these as rewards for accomplishing other self-care tasks, or just because you deserve it!

BRAINSTORM A LIST OF THINGS YOU CAN TREAT YOURSELF WITH

PRACTICE GRATITUDE

WHAT DO YOU LIKE ABOUT YOURSELF?

**WHO DO YOU FEEL GRATEFUL TO HAVE IN
YOUR LIFE?**

LIST EVERYTHING YOU ARE GRAEFUL FOR – THINK ABOUT THE SMALL THINGS TOO

GRATITUDE TRACKER

Make sure to write down one thing you are grateful for about each day. Try to choose something different every day.

Month:						
MON	TUES	WED	THURS	FRI	SAT	SUN

GET OUTSIDE

**WHAT DO YOU ENJOY ABOUT THE
OUTDOORS**

**WHERE CAN YOU GO NEARBY FOR A TASTE
OF THE OUTDOORS**

**WHAT SORT OF OUTDOOR ADVENTURES APPEAL DO YOU?
[Are you a “glamper” or a “camper”]**

OUTDOOR TRACKER

Get outside at least once a day. Even if you live in a city, you can usually find a quiet park to stroll through. Track and see how many days you can get this month.

Month:						
MON	TUES	WED	THURS	FRI	SAT	SUN

LEARN SOMETHING NEW

DO YOU HAVE ANY OLD HOBBIE OR INTERESTS THAT YOU GAVE UP?

WHAT OTHER INTERESTS DO YOU HAVE?

WHAT IS THE FIRST THING YOU WANT TO LEARN ABOUT?

WHAT IS THE SECOND THING YOU WANT TO LEARN ABOUT?

WHAT IS THE THIRD THING YOU WANT TO LEARN ABOUT?

RELAX AND DE-STRESS

WHAT STRESSES YOU OUT?

HOW CAN YOU ADDRESS THOSE THINGS?

BRAINSTORM A LIST OF THINGS THAT RELAX YOU

WORK ON RELATIONSHIPS

**WHAT ARE THE MOST IMPORTANT
RELATIONSHIPS IN YOUR LIFE**

**HOW CAN YOU STRENGTHEN THESE
BONDS?**

BE MORE MINDFUL

Get comfortable.



Close your eyes and clear your mind.



Breathe Deeply



Focus on Your Breathing



Keep breathing and focus on nothing but your breath



Allow your thoughts to drift but try to focus on the now



Do thing until you feel your body relax.



Repeat once a day

MINDFULNESS TRACKER

Try to do the above technique at least once a day.

Month:						
MON	TUES	WED	THURS	FRI	SAT	SUN

REFLECT

WHAT IS WORKING IN YOUR LIFE?

**WHAT DO YOU FEEL ISN'T WORKING IN
YOUR LIFE?**

**WHAT WERE YOUR BEST SUCCESSES IN
THE LAST 12 MONTHS?**

**WHAT WERE YOUR BIGGEST FAILURES IN
THE LAST 12 MONTHS?**

WHAT DO YOU THINK YOU SHOULD CHANGE MOVING FORWARD