

WELLNESS PLANNER

wellit

Create an action
plan with step-by-
step guidance

HOW TO
USE THIS PLANNER

1. Identify your goal
2. Break it down into smaller steps
3. Set a timeline
4. Track your progress
5. Celebrate your achievements

1
2
3
4
5
6

Step Tracker

Step	Completed
1	
2	
3	
4	
5	
6	

Goal Setting Tracker

Goal	Start Date	End Date	Progress

Mood Tracker

Date	Mood

THE AUTHOR



Wellness Workbook

John W. Travis



Wellness Workbook:

The Wellness Workbook, 3rd ed John W. Travis, Regina Sara Ryan, 2004-04-01 For more than thirty years John W. Travis M.D. and Regina Sara Ryan have taught hundreds of thousands of people a practical whole self approach to wellness and healthy living. Each chapter of the comprehensive WELLNESS WORKBOOK explores one of the twelve interconnected forms of energy that contribute to your overall health and vitality: Self Responsibility and Love, Breathing, Sensing, Eating, Moving, Feeling, Thinking, Playing, and Working, Communicating, Sex Finding, Meaning, Transcending. From how you breathe to how you view the world, these twelve areas affect all aspects of your life: your disposition toward injury and illness, your relationships, your general level of happiness, and beyond. In an optimal state of wellness, all of your energies are in balance, and you are less prone to disease, stress, and other life-depleting factors. Using a self-assessment tool known as the Wellness Index, you'll develop a clear picture of what areas in your life need attention. Now in its third edition, the thoroughly updated and streamlined WELLNESS WORKBOOK provides hundreds of exercises and ideas to help you take control of your health and happiness. A classic text in the wellness field, thoroughly revised and updated and streamlined for a more simple and practical presentation. Chapters cover self-responsibility and love, breathing, sensing, eating, moving, feeling, thinking, playing, and working, communicating, sex finding, meaning, and transcending. Previous editions have sold more than 200,000 copies.

Wellness Workbook John W. Travis, 1977 *The Wellness Workbook* John W. Travis, Regina Sara Ryan, 1988

Wellness Workbook for Health Professionals John W. Travis, 1977 *Wellness Workbook* John W. Travis, 2004

Achieve Wellness with Therapeutic Care Dr. Olu-Victor Sunmoni, 2015-01-23 The primary objective of this Wellness Workbook is to help many struggling individuals understand the comprehensive guidelines of therapeutic lifestyle modifications which are necessary for changing unhealthy behaviors and developing lifesaving habits in order to live happier, healthier, and longer life. These programs have helped many people achieve the state of physical, mental, emotional, and spiritual well-being. This workbook is also well-programmed to keep you perfectly healthy for fifty-two consecutive weeks and beyond. Take good care of your heart, and it will do likewise. Start wellness in your home today. **Health and Wellness**

Brian Luke Seaward, 2002-04 Within these pages, you will find several themes to challenge or support your attitudes, values, and beliefs about health behaviors. By writing in the Health and Wellness Journal Workbook, you will be able to learn why you behave the way you do. Each of the 76 health and wellness themes is discussed and followed by an exercise. These themes integrate all the dimensions of health and wellness from emotional to social to spiritual health. The related exercises ask you to reflect by responding to specific questions related to each theme. Each exercise is carefully designed to encourage self-responsibility, positive behavior change, and total well-being. *Wellness Workbook* Aloha McGregor, 2023-06-14 The Wellness Workbook is a companion guide designed to complement the book *Live Well, Be Intentional* until it's habitual and empowers readers to actively engage with the concepts and practices introduced in the book. This interactive workbook

provides a structured framework for readers to reflect evaluate and take meaningful actions towards nurturing their holistic well being With thought provoking prompts evaluation exercises and engaging activities this workbook serves as a personal guide for readers to delve deeper into each well being domain physical emotional social intellectual spiritual and occupational It offers a comprehensive range of tools and exercises that encourage self reflection self assessment and intentional actions to support personal growth and well being Each chapter in the workbook corresponds to a chapter in the book allowing readers to seamlessly integrate their learning and insights from the book into practical application Through guided reflection exercises readers will gain a deeper understanding of their current state of well being identify areas for improvement and set meaningful goals The evaluation exercises provide an opportunity to assess progress and track personal growth over time Additionally the workbook includes a variety of activities that encourage readers to actively engage with the well being practices introduced in the book From creating personalized action plans to implementing new habits from journaling exercises to interactive group discussions these activities provide practical guidance and inspiration for readers to make positive changes in their daily lives Whether used individually or in a group setting The wellness Workbook serves as a valuable tool for readers to embark on their personal well being journey and experience a transformative shift towards a more balanced and fulfilling life It offers a structured and empowering approach to apply the principles of holistic well being guiding readers step by step towards a greater sense of health happiness and fulfillment Discover the power of reflection evaluation and action as you navigate your well being journey This workbook is your companion and support system providing the necessary tools and exercises to make positive changes and create lasting well being Start your transformative journey today and unlock the full potential of your holistic well being *The Wellness Workbook* Thomas P. McHugh, 1997-07-01

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