

LITTLE BOOK  
OF  
**Wellness**

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TAKING TIME TO  
TAKE CARE OF YOU

# Take care of your Mind, Body & Soul.

Wellness is the state of being in good health,  
the alignment of body, mind and soul.

Maintaining wellness is a journey and alongside our  
busy lives it can be challenging to take time for you.

You are taking the first step by opening this book!

## **How to use this book:**

Sit down and fill out a task while placing a focus  
on the present moment. Use this time to find  
a calmness within.

My Wellness Vision Board

*Take time to find or make your own images  
which visually express your wellness goals.  
Cut and paste them here to create a vision board.*

## Journaling

What do you want to get out of journaling?

[illegible]

## Reflecting On Your Emotions

Describe your five favourite things to do when feeling low.

[illegible]

## Write About It

What makes you feel in control?

## To Me, From Me

Write a letter to your past self, explain the positives and negatives that have led you to where you are today.

Dear past me...

## Movies You Love

Randomly write down all the movie titles that come to mind,  
then circle your favourite and watch it today.

This image shows a full page of blank graph paper. The grid consists of thin, light gray horizontal and vertical lines that intersect to form a uniform pattern of small squares across the entire page. There are no margins, text, or other markings present.

# Caring For You

Treat your hair today by doing a homemade hair mask. Lie down and relax while it works its magic. Spend this time writing freely, get your feelings and emotions down on paper.

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Create a list of ten places you would love to live.

Create a list of ten places you would love to live.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Look online and find a five-minute guided meditation to listen to.  
Put it on and rest for the duration. Jot down thoughts came into your mind.

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## Move Your Body

Put on your favourite song and dance to it.

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Name of the song:

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Why is this your favourite song to dance to?

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How did it make you feel?

## Lessons Learned

What is a lesson you will never forget?

## Thoughts & Ideas

Emotional check-in:

Today I feel happy about:	Today I am struggling with:
One thing I can do for someone else today:	

## Inspiration & Notes

[illegible]

## Online Reflection

**Write ten things you like and dislike about social media.**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Notes:

# Changing Times

Change is a natural part of our life. What is something you have changed your opinion on over time and why?

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# Reflecting On Memories

What is one past event that you previously perceived as a failure and now perceive as something positive? How and why did this change for you?

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## Your Fears

List five fears that you have overcome in your life.

- 1.
- 2.
- 3.
- 4.
- 5.

Stay strong and  
true to yourself.

## Inspiration & Notes

# Conscious Breakfast

Start tomorrow with a healthy breakfast. Take the time to plan and make your meal. Use this space to jot down some ideas.

# A Positive Day

So far, what has been the best part of your day today?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins or other markings on the paper.

## Comfy Feelings

List ten things that make you feel at home.

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

## Strong Feelings

Write about something or someone that pushes your buttons.

# Happiness Ideas

What is a topic you want to learn about that you think might help you live a happier life?

[illegible]

# An Important Letter

Write a letter to a love one. Make sure to write down all those things you feel but have not been said already.


[illegible]

**Love yourself first  
and everything else  
falls in line.**

## Thoughts & Ideas

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

I am dreaming about...



## Challenge Yourself

Choose a physical activity that you find challenging and spend at least twenty minutes doing it. Focus on how you can make it fun for yourself.

What activity did you do? How did you feel?

## Write About It

How do you calm your nerves in a difficult situation?

## Who is your favourite person to talk to?

## Who is your favourite person to talk to?

[illegible]

Write in the space below some things you have been putting off.  
Close your eyes and pick one randomly and start doing it today.

Write in the space below some things you have been putting off.  
Close your eyes and pick one randomly and start doing it today.

## Learning New Things Online

Sign up for an online course.  
Use this space to note courses you find interesting.

## Happy Music

Write a playlist of ten songs that make you feel happy,  
take time to listen to them this week.

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

Make yourself a yummy and healthy smoothie today.  
Try to add some greens to it. Write the recipe below.

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### Do you like to stay home or go out? Why?

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## Pick One

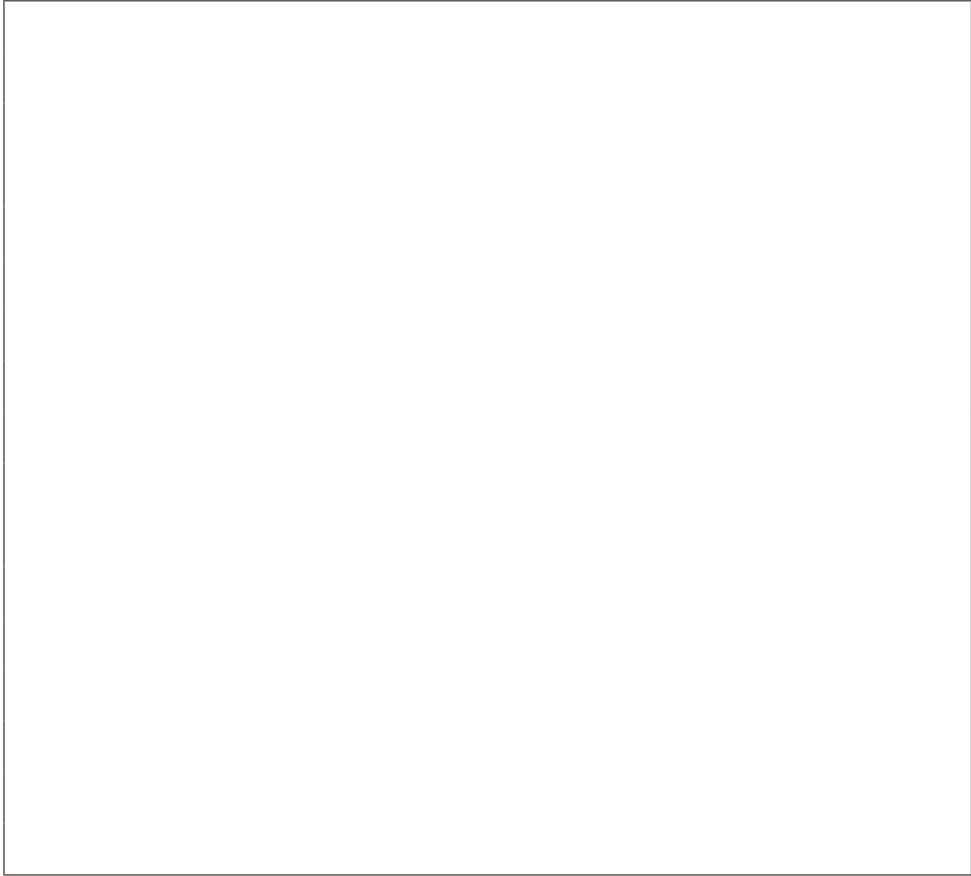
Would you rather be rich and living a mediocre life  
or poor and living an interesting life? Why?

## Trusting Yourself

When do you trust yourself most?  
When do you find it harder to have faith in your instincts?

## Thoughts & Ideas

Scribble it out...



Notes



# Draw Anything

Draw three random things you can see around you in the space below.

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# Learning New Things

Watch a documentary about a topic you would like to learn more about.  
Create a list of the potential documentaries to watch.

1.	
2.	
3.	
4.	
5.	

### Who is someone you'd like to treat better in the future?

## Research exercises that you can do daily to improve your overall posture.

Try setting a regular alarm on your phone or leaving yourself a note to sit up straight until it becomes an unconscious habit.

Creating a  
healthy mindset  
is an investment  
in your overall  
wellbeing.

Physical check-in:

Things I have done lately for my body:

I currently have pain in this area:

I currently feel good in this area:

## Notes

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## Reflecting On Yourself

## Are you a reliable person? Why or why not?

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## Candle Meditation

Sit in a quiet place and light a candle. Focus your attention on the soft flicker of the flame and breathe deeply for three minutes. Take notes about how you felt and what thoughts came to your mind during the meditation.

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## Good Things

**Write about things that have been going well in your life recently.**

[illegible]

## Personal Preferences

Do you prefer to have a large or small group of friends?

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## Complete The Sentence

I am strong because...

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## Exploring Generosity

Name a charity you would donate a million dollars to if money were not an issue.

### Why have you chosen this charity?

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*Always find time  
for the things that  
make you happy.*

## Inspiration & Notes

## Reading List

Make a list of ten books you would like to read this year.  
Then select one and commit to reading from today.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

# Home Is Where The Heart Is

How can you improve the place you live?  
What can you do to make these improvements happen?

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## Complete The Sentence

## If my body could talk, it would say...

[illegible]

## Workout Time

Find a ten minute workout video online and do it today.

How did it go? How do you feel afterwards?

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## Five Things About You

What are five things you really wish others knew about you?

1.

2.

3.

4.

5.

+

## A Special Song

What is a song that reminds you of a happy memory?

## Notes On Working

Reflect on your current professional situation.  
Are you happy with your career? What is your dream job?

## Risk Taking

What is the biggest risk you have ever taken?

# Mug Cake Recipe

Write down the best mug cake recipe you can find and write it in the space below. Then make your mug cake and describe how it went.

## Outside The Box

Choose a movie, TV series or documentary that you wouldn't normally choose and take time to watch it today. What did you choose? How did it make you feel?

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## A blank sheet of white graph paper with a light gray grid pattern. The grid consists of small squares, approximately 1 cm by 1 cm each. There are 20 columns and 20 rows of squares visible on the page. The grid lines are thin and evenly spaced.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

## Thoughts & Ideas

## Reflecting On Self-Care

### What would you say to someone that thinks self-care is selfish?

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## Identifying Happiness

Did you smile or laugh today?

If so, what prompted it? If not, how can you facilitate that?

[illegible]

## Emotional Activities

What are your top five favourite emotionally engaging activities? Why?

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1.

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2.

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3.

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4.

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5.

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## Making Donations

Find local charities or causes that are close to your heart.  
Use this space to list potential charities you'd like to donate to.

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A healthy  
outside starts  
from the inside.

## Inspiring things...

## Your Body

Write a love letter to your body, describe the parts you like and love.  
Show yourself compassion.

To my beautiful body,

## In Touch With Your Emotions

What emotions do you feel strongly?  
What facilitates that strong emotion in you?

Are you a forgiving person?  
Is there any space for improvement?

[illegible]

What book did you choose? How did you feel?

[illegible]

# A Great Day

Identify when you last had a great day.

What made it great? Were other people involved? Where was it?

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## Moody Moments

**Sit outside or look out a window for five minutes.**

How is the weather today? How is the weather making you feel?

[illegible]

Take care  
of you first.

## Thoughts & Ideas

[illegible]

I am thinking about...

## Stay Focused

List ten things that usually take your focus away when you're trying to get things done.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

**Notes:**

## Reflecting On Relationships

How do you get along with people with viewpoints different from yours?

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## Time Management

## How good are you at time management?

## How can you improve on it?

[illegible]

## Communicating Support

Do you ask for help or support when you need it?

### How can you improve communication with others to meet your needs?

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# Big Ideas

What are some things that give your life meaning?

[illegible]

## Reflecting On Emotions

Have you ever felt numb? What triggered that feeling?

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When you feel the healthiest?  
Make a plan to feel that way more often.

**Make a plan to feel that way more often.**

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What boundaries could you set in your relationships to safeguard your own wellbeing?

to safeguard your own wellbeing?

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# Prioritising Yourself

## How will making yourself a priority positively impact your life?

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## Self Judgement

What things do you keep judging yourself for?  
Write ten things you can do to create more self-acceptance.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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## Ideas

## Get It Done

**List three things you want to have completed before the end of the month.  
Pick one and start today.**

[illegible]

## Podcast Time

Listen to a podcast about a subject you feel curious about.  
Afterwards write about what you learned from it.

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## Rest Time

Clear your schedule and get some rest. Give your body time to reset. Make sure you're wearing some comfortable pyjamas and put your phone and all distractions away. Afterwards describe how it felt.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is otherwise completely blank.

# You Are Enough

## How can you remind yourself that you're enough?

[illegible]

**Take care of your  
body. It's the only  
place you have  
to live in forever.**

## Notes

## Learning From Others

What is the best advice you have ever received?

### What is the best advice you have ever received?

[illegible]

## Reflecting On Your Life

What was the most important decision you ever made?

## What was the most important decision you ever made?

[illegible]

Do you think you have a balanced mindset?  
How can you improve?

## How can you improve?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

### Do you want to reconnect with someone in your past? Why?

[illegible]

# A Meatless Day

Have a vegetarian day today. Try to include plenty of vegetables, legumes and fruits in all of your meals. How did you go?

[illegible]

# Mandala Healing

Doodle outward and around the circle in the middle of the page to create a mandala drawing. Reflect on positives in your life while you draw.



It's not about  
having time, it's  
about making time.

## Thoughts & Ideas

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

I am thinking about...

Have you experienced a big heartbreak?  
How did you deal with it?

## How did you deal with it?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

How do you feel in your body right now?

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## Take A Dip

Go for a swim. Go to your nearest pool or the sea if you are lucky enough to live near it. How did it feel?

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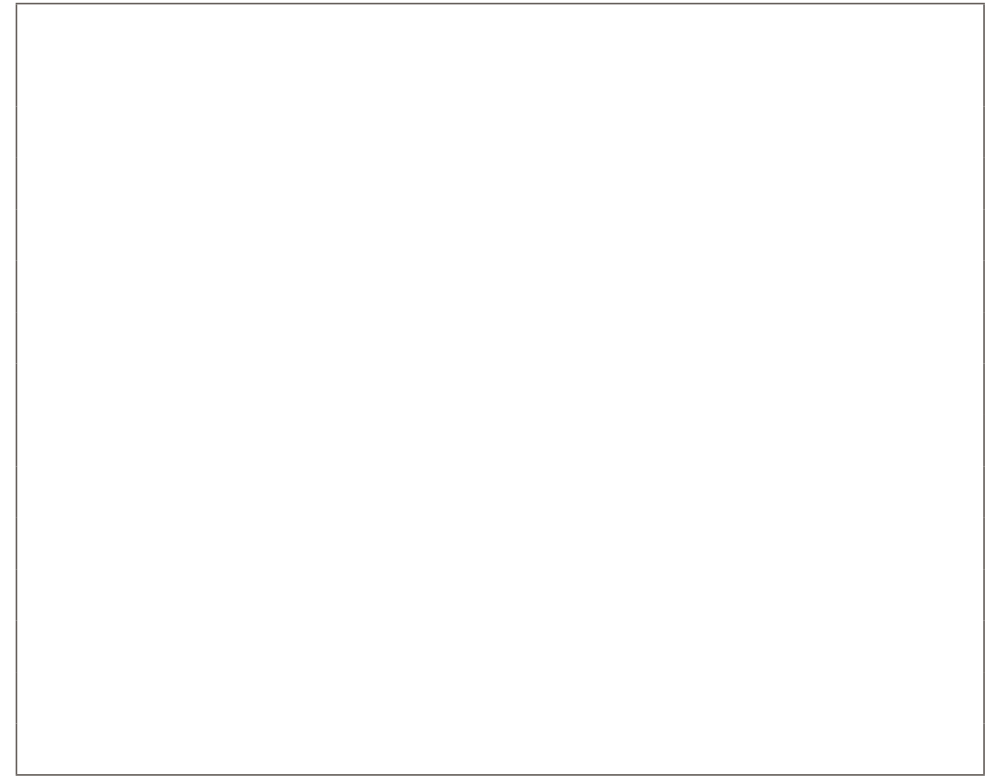
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## Nature Moments

Which is your favourite flower, plant or tree?  
Take time to draw a picture of it.



## Take Five

Allocate five minutes of your day to draw whatever comes to mind.

No pressure for it to be perfect, just put pen to paper.

## Learning Curves

What is something you learned this week?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and is set against a dark background.

## My Priorities

Organise your priorities from most important to least important. Give yourself a time frame to complete each one and try to complete them by the end of the day.

1.	0
2.	0
3.	0
4.	0
5.	0
+	

## Taking Care Of Your Body

What is your favourite type of exercise?  
How can you incorporate something new into your regular schedule?

[illegible]

## Reflecting On Yourself

**Would you consider yourself an insecure person? Explain.**

[illegible]

## In Touch With Nature

### What is your favourite outdoor activity? Why?

Make a plan to get out more.

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## Thoughts & Ideas

## Inspiration & Notes

## Room Decor

Change something in your bedroom, it can be anything.  
Write some ideas below.

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# Bread Art

Find a good recipe online and make bread or damper from scratch.  
Use the space below to write the recipe.

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## Using Your Imagination

Write a poem inspired by a dream you have had.

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## Single-Tasking

Choose an activity and set the exact time you think you need to do it.

Perform the activity at the chosen time without any interruption.

Did you manage to do it? Was it hard or easy, why?

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**You are capable  
of amazing things.**

## Thoughts & Ideas

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I am thinking about...

## Food For Thought

Are you happy with your food habits?  
How can you improve?

## A Road Block

Is there anything that is holding you back from living your best life?  
List them and ways that you could work toward making a change for each one.

1.

2.

3.

## Personal Limits

## What limiting beliefs are holding you back from living your dream life?

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# Reflecting On Your Life

How are your current goals similar and different to your goals from five years ago?

[illegible]

## Staying Active

**What are some fun activities you like to do to stay active?**  
**Make a list and try to do one of them today.**

[illegible]

## Your Achievements

What is something you want to achieve in the next five years?

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## Thoughts & Ideas

Emotional check-in:

Today I feel happy about:

Today I am struggling with:

One thing I can do for myself today:

## Inspiration...

[illegible]

## Notes

## Notes

## Notes

## Notes

**Good health is  
the best wealth.**