



Reclaim Your Life



Area of Wellness	Describe YOUR goals	Timeline
PHYSICAL		
<u>Physical: Diet/Nutrition</u> <ul style="list-style-type: none"> Avoid sugar, white flour, red meat, dairy Eat veggies, lean protein/fish, whole grains What feels good? 		
<u>Physical: Exercise</u> <ul style="list-style-type: none"> DAILY for 40-60 mins Include aerobic (endurance) mixed with anaerobic (HIIT) Add resistance (strength) Add stretching for flexibility & balance 		
<u>Physical: Sleep</u> <ul style="list-style-type: none"> Routine 7-8h Hygiene 		
<u>Physical: Stress</u> <ul style="list-style-type: none"> DAILY relaxation Assess & manage 		
<u>Physical: Medical care</u> <ul style="list-style-type: none"> Routine screens See resources 		



Reclaim Your Life



MENTAL

Mental

- Professionally fulfilled
- Personal growth
- Reading

EMOTIONAL

Emotional

- Level of Emotional intelligence
- Manage your own 'happiness' setpoint

SPIRITUAL

Spiritual

- Believe in yourself
- Develop Faith
- Know your 'why'

FINANCIAL

Financial

- Have a plan
- Live abundantly
- Know you are worth it!
- Count your blessings (Daily!)