



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 		



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MENTAL		
Mental <ul style="list-style-type: none"> • Professionally fulfilled • Personal growth • Reading 		
EMOTIONAL		
Emotional <ul style="list-style-type: none"> • Level of Emotional intelligence • Manage your own 'happiness' setpoint 		
SPIRITUAL		
Spiritual <ul style="list-style-type: none"> • Believe in yourself • Develop Faith • Know your 'why' 		
FINANCIAL		
Financial <ul style="list-style-type: none"> • Have a plan • Live abundantly • Know you are worth it! • Count your blessings (Daily!) 		