

MONTHLY REVIEW

WHICH WELLNESS DIMENSIONS DID YOU FOCUS ON?

PHYSICAL, SPIRITUAL, FINANCIAL, INTELLECTUAL, SOCIAL, EMOTIONAL, OCCUPATIONAL, ENVIRONMENTAL

WHAT WERE YOUR BIGGEST WINS?

I managed to go on daily walks to help me stay physically active.
I meditated every morning in the garden.
I've managed to stick to my monthly budget.



HOW ARE YOU DOING IN EACH OF THE WELLNESS DIMENSIONS?
Rate your progress in each dimension from 1 (a little) to 10 (a lot).



WHAT WORKED WELL FOR YOUR OVERALL WELLBEING?

Taking the time to focus and meditate every morning helped me start each day positively. Following a monthly budget also felt great because I knew this I was being accountable and saving for the future.



WHAT DIDN'T WORK? WHY?

I definitely used the month I did not cut all the stress out of my life, but I found some relaxation techniques for dealing with it. One of those is regular physical activity and long daily walks I feel so much better already. I improved in all 8 wellness dimensions where I've struggled the most.

HOW DO YOU FEEL ABOUT YOUR PROGRESS OVERALL?



WHAT ARE YOU LOOKING FORWARD TO NEXT MONTH?

MONTHLY REVIEW
Reflect on your progress regularly.

MONTHLY PLAN
Plan your wellness routine ahead of time.

8 MONTH & YEAR September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	PLAN ABILITY TO ADAPT
4 Meal prep	5 2 pm Dances	6 Hoga	7 Hoga				
11 Gym Meal prep	12 Family brunch	13 Gym	14 3 pm Dances				GOALS TO UPDATE
18 Hoga Meal prep	19 Hoga	20 12 pm Photography class	21 Running club				THINGS TO ADJUST
25 11 am Pilates class Meal prep	26 Running club	27 Gym	28 Hoga		29 Jazzercise	30 Jazzercise	PLACES TO GO Lullington Park
2 Meal prep	3 Hoga	4 Hoga	5 Hoga	6 Running club	7 Gym	8 Jazzercise with Kelly	PEOPLE TO SEE My grandparents

MOST IMPORTANT WELLNESS GOALS THIS MONTH

Exercise 3 times a week

Get my grandparents

Meditate daily

Start a gratitude journal

MOST IMPORTANT WELLNESS GOALS THIS MONTH

Make a monthly budget

Organize a team brunch

Read a book on history

Declutter my office at home

Wellness Planner Manual

Alexander Mackay



Wellness Planner Manual:

The A Leader's Manual for Demential Care-Partner Support Groups Alan Wolfelt,Edward G Shaw,2020-01-01 If you re thinking about starting a support group for dementia care partners this downloadable leader s manual is for you The Dementia Care Partner s Workbook is a new resource from Companion Press that is both a support group participant s manual and self study guide for care partners who have a loved one with Alzheimer s disease or another form of dementia Its ten concise lessons not only walk you through the types brain biology and progressive symptoms of dementia but also offer practical tips for managing behaviors coping with emotional issues prioritizing self care and planning ahead everything from diagnosis to end of life If you are a medical mental health or other healthcare professional wanting to lead a support group for dementia care partners or a layperson with a heart for those on the journey A Leader s Manual for Dementia Care Partner Support Groups is the comprehensive resource you need The Manual provides general information about establishing and leading support groups counseling skills for leaders and co leaders how to handle challenging group participants step by step instructions on how to run each of the ten individual weekly meetings including meeting specific handouts and lots of practical advice from co authors Dr Edward Shaw physician mental health counselor and former dementia care partner and Dr Alan Wolfelt world renowned thanatologist grief counselor and author The handouts and worksheets are number coded for easy cross referencing with the content of The Dementia Care Partner s Workbook

Manual of Healthy Longevity & Wellbeing Luigi Fontana,2023-02-01 Your practical guide to wellbeing and longevity

A Case Manager's Study Guide Skinner,Stefany H Almaden,2018-03-20 Preceded by A case manager s study guide Denise Fattorusso Campion Quin 4th ed c2013

Master Medicare Guide Wolters Kluwer Law & Business,2015-02-25 The 2015 Master Medicare Guide is packed with timely and useful information to help you stay on top of one of the most complex programs administered by the federal government The 2015 Edition includes Over 500 explanation summaries for all aspects of the Medicare program coverage eligibility reimbursement fraud and abuse and administration Highlights of the Protecting Access to Medicare Act of 2014 P L 113 93 and the Improving Medicare Post Acute Care Transformation Act of 2014 P L 113 185 the most recent physician fee schedule reimbursement fix A focus on the continuing implementation of the Affordable Care Act as it relates to Medicare including accountable care organizations and a tighter link between the quality of health care and Medicare reimbursement All discussions include cross references to relevant laws regulations CMS manual sections administrative and judicial decisions and more

Manual of Modern Geography, Mathematical, Physical, and Political, on a New Plan Embracing a Complete Development of the River Systems of the Globe Rev. Alexander Mackay (LL.D.),1876

Developing Teachers and Developing Schools in Changing Contexts Zijian Li,Ling-po Shiu,2008 More than ever schools are regarded as a learning community in which its leaders and therefore the school s primary agents of change are expected to stay abreast of the latest developments in education and instruction This book provides important insights for

improving professional development activities school university partnerships and networks educational management as well as teaching and learning in schools and colleges It builds on research conducted in the 1990s during which the pursuit of school improvement and skill development first converged *A Guide to Curriculum Planning in Health Education*

Wisconsin Department of Public Instruction,1999 *The Counselor's Companion* Jocelyn Gregoire,Christin

Jungers,2013-05-13 Students and recent graduates of counseling and human services programs will consider *The Counselor's Companion* an indispensable tool to enhance professional practice knowledge and skill The text is a reference style resource that provides new counselors with a way to bridge the gap between what they learned in the classroom and the challenges they will meet in their practice Beginning counselors will find concise answers to common questions that will likely arise in the course of their professional development and a reliable reference companion as they embark on their careers in the profession This volume features contributions from counselor educators and professionals in the field guided largely by the core curriculum of the Council for Accreditation of Counseling and Related Program CACREP Information is presented in brief form making the main points of each section concise clear visible and easily accessible Readers are also introduced to cutting edge areas of research

Manual of Modern Geography, Mathematical, Physical and Political, on a New Plan Embracing a Complete Development of the River Systems of the Globe Alexander Mackay,1881 **Nursing**

Diagnosis Manual Marilyn E. Doenges,Mary Frances Moorhouse,Alice C. Murr,2008 *Nursing Diagnosis Manual*

Resources in Education ,1998 **90 Day Wellness Planner** Andrea Campbell,2022-03-24 In this 90 day transformational journey you will discover through journalling what has been holding you back from having the health and wellness your mind body and soul craves Enjoy this 90 day journey to Mental Wellness **The Nurse Executive's**

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Department of Education,1928 **Manual of Standards and Suggestions on Organization for the High Schools of Ohio** Ohio. Department of Education,1925 Mindfull Momentum Wellness Planner Jessi Lee,2023-07-14 Are you ready to

embark on a transformative journey towards a healthier and more balanced life The Mindful Momentum Wellness Planner is here to guide you step by step on a 90 day adventure of self discovery and personal growth Designed with care and expertise this planner is not just a mere collection of pages it s a trusted companion that empowers you to cultivate positive habits nourish your mind and body and embrace a lifestyle of wellness Whether you re a wellness enthusiast or a complete beginner this planner is tailor made to suit your unique needs and goals At the heart of the Mindful Momentum Wellness Planner is the philosophy of taking things slowly recognizing that sustainable change occurs gradually We understand the overwhelming nature of setting and achieving wellness goals which is why we ve structured this planner to simplify the process With each

passing day you'll gently introduce new habits and rituals allowing you to build a strong foundation for long term well being
Unleash your full potential by tracking your progress both mentally and physically Monitor your exercise routines dietary
choices mindfulness practices and gratitude moments Engage in daily reflections to deepen your self awareness and unlock
profound insights Discover the art of habit formation through our unique system Start with small achievable goals and
gradually integrate new habits into your routine Watch as these positive changes accumulate over time bringing you closer to
a sustainable balanced lifestyle Set meaningful intentions at the beginning of each week and revisit them during check ins
Adjust your course celebrate victories and address challenges with renewed determination The planner's guidance will keep
you focused motivated and inspired throughout your wellness journey Immerse yourself in moments of mindfulness and
tranquility with dedicated spaces to practice meditation reflection and gratitude Find solace in the present moment nurturing
your mental well being and fostering a deeper connection with yourself No matter where you are on your wellness path the
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