

## 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 Dance	6 Hoga	7 Hoga				
11 Gym Meal prep	12 Family brunch	13 Gym	14 3 pm Dancers				GOALS TO UPDATE
18 Hoga Meal prep	19 Hoga	20 12 pm Photography class	21 Running club				THOUGHTS TO ADJUST
25 11 am Pilates class Meal prep	26 Running club	27 Gym	28 Hoga		29 Spa with Kelly		PLACES TO GO Lullington Park
2 Meal prep	3 Hoga	4 Hoga	5 Hoga	6 Running club	7 Gym	8 Spa 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

**Zijian Li,Ling-po Shiu**



## 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     **The Nurse Executive's Business Plan Manual** Joyce E. Johnson,1988     *Worksite Health Promotion Resources* ,1993     Planning ,1969     The Video Source Book David J. WEINER,1990     *Manual Training. Principles of Educational Woodwork* W. A. Milton,1913

South Carolina Elementary School Manual for Primary and Intermediate Grades South Carolina. State Department of Education,1928     Manual of Standards and Suggestions on Organization for the High Schools of Ohio Ohio. Department of Education,1925     *Medicare and Medicaid Guide* ,1969     **Clinical Manual of Geriatric Psychiatry** James E. Spar,Asenath La Rue,2006 This single volume reference covers topics from depression to dementia and suggests that psychiatrists working with older people must sometimes be willing to play a generalists role combining routine medical management with psychiatric interventions or helping with social or situational problems

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