

A Wellness Workbook



WINNING AN INNER CHILD BATTLE

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HELLO THERE,

Please take advantage of this wellness workbook. This is an excellent opportunity to involve your heart, mind, and body spirit. It is hoped that this will provide you with a variety of you have recreational resources.

May enjoy and use to stay active during any downtime unanticipated free time.

Good luck! Enjoy!

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“WELLNESS ISN'T JUST
ABOUT PHYSICAL
HEALTH, IT'S ALSO
ABOUT MENTAL,
EMOTIONAL, AND
SPIRITUAL HEALTH.”

MORGAN MAXWELL

WRITE YOURSELF A LETTER

Dear _____

I wanted to take a moment to thank you for our wonderful life together. Looking back, I'm glad we got it done.

We did the best thing we've ever done.

Thank you for being wonderful!



WHO AM I?

List every adjective you've heard regarding yourself or believe about yourself.

You are...



LAUGHTER IS THE MOST EFFECTIVE MEDICINE

When was the last time you had a good laugh?

What caused you to laugh?

What TV show makes you laugh the most?

Who in your family or circle of friends makes you laugh?

You'll feel silly, but fake a laugh for effect.

In 30 seconds your serotonin levels will rise...

What would you do in this situation...

IF YOU WON A MILLION DOLLARS!!!

How would you spend the money?





"Everyone will be scared of getting lost, and of not being as strong as they once were. But trust your life's timing because everything happens for a reason."

NOAH SCHUMACHER

ABOUT YOUR STORY

My favorite childhood memory was:

I've always wished for:

My favourites song are:

My favourites food are:

My greatest fear is:

WHAT MAKES YOU FEEL
STRONG?

WHAT GIVES YOU A
SENSE OF CONTROL?



TAKE A LOOK OUT YOUR WINDOW...



What do you notice?

LIST EVERY DETAIL! This is good brain exercise!

CAN YOU ARRANGE THE MONTHS
ALPHABETICALLY? HOW MUCH TIME DOES
IT TAKE YOU?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

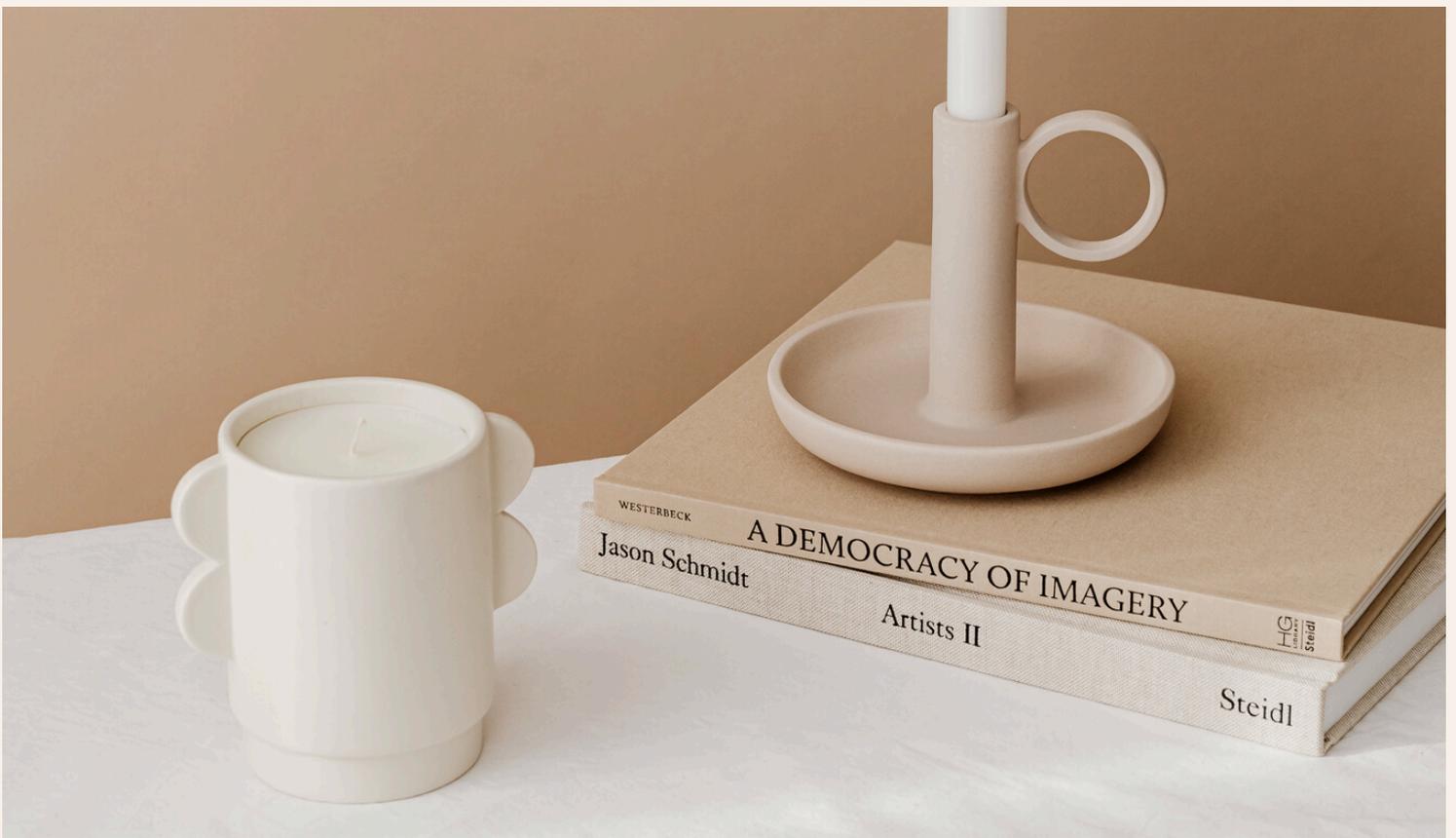
12.



TIPS

WHAT'S THE
BEST PIECE OF
ADVICE YOU'VE
EVER RECEIVED?





THINGS TO DO IN YOUR SPARE TIME...

- ✓ Say hello to someone you care about by calling them.
- ✓ Send a letter to a friend.
- ✓ Play music.
- ✓ Watch a favorite film.
- ✓ Pray or think about what you enjoy.
- ✓ Perform a song for yourself. Be well!

FIND OUT MORE

This is where you'll put your summary content. To see if we can collaborate and find a solution that works for your specific situation.

Use the link below to apply for a free consultation by clicking on the button below.

[CLICK HERE >](#)

