



YOUR WORKSHEET TO CONTINUE ON YOUR WELLNESS AWARENESS JOURNEY

1. Describe what you wish for those you love. For example, I wish xxxxx for xxxxxx.

Now wish the same thing for you and rewrite it here:

2. Draw a circle, it does not have to be perfect. Divide the circle into different sizes corresponding to amount of time you spend, for example, working, taking care of others, taking care of self. How much time do you currently devote to self-love, self-care?

How much time will you devote to self-love self-care going forward?

3. Find out your four numbers! Write them here:

Blood pressure (reference point 120/80) _____

Cholesterol (reference point, a total of 200) _____

Body Mass Index (BMI) (reference point 18.5 to 25) _____

Blood sugar (reference point 5.7) _____

Work with your doctor if you need to bring any of these numbers down.

4. Describe how you will commit to begin or continue in each of the three categories; mind, body and spirit.

MIND: Suggestions; learn a new dance, read a different author, talk to someone outside your regular group

BODY: Suggestions; start walking, exercise more, change current exercise routine, way you eat

SPIRIT: Suggestions: Enjoy solitude, offer specific help to a friend, volunteer, be kind to you, learn meditation

RESOURCES - TO DO, TO LISTEN, TO LEARN, TO READ

TO DO

- [True Vitality Test by Blue Zones](#)

TO LISTEN

- [TedTalks – join & choose topics of interest](#)

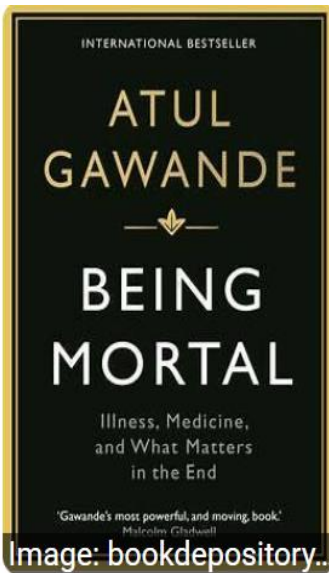
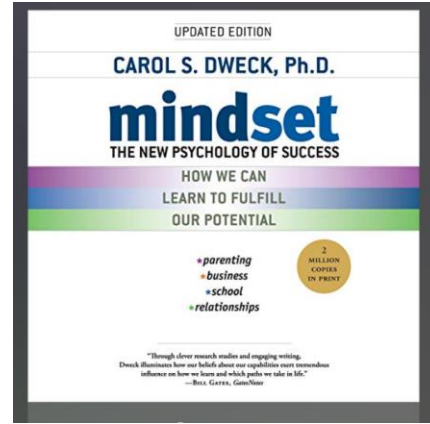
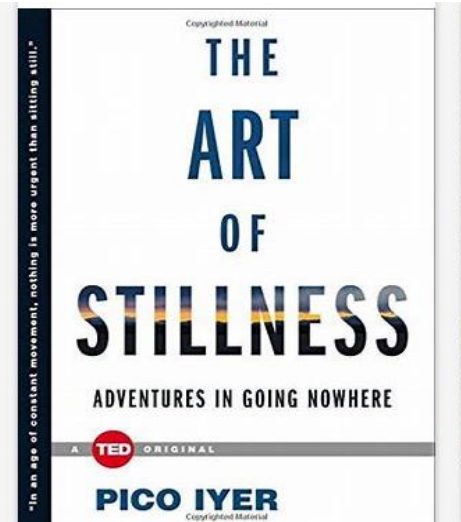
TO LEARN

[Massive Online Open Campus – join & choose something to learn](#)

TO READ – SUGGESTED BOOKS SEE NEXT TWO PAGES

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TO READ



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