



HELLO *Spring*

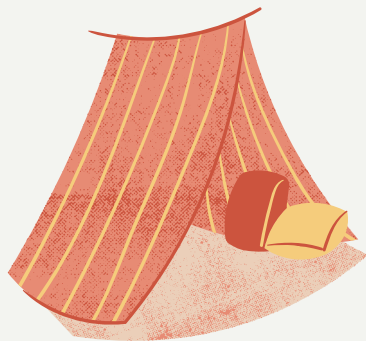


Wellness journal for creating
adventure, reflection & lasting goals

SPRING

Bucket List

1. Plant an inside garden
2. Take photos of wildflowers
3. Read outside
4. Watch it rain
5. Bird watch
6. Plan & book a camping trip
7. Fly a kite
8. Have a picnic
9. Go for a hike
10. Transfer inside garden to outside

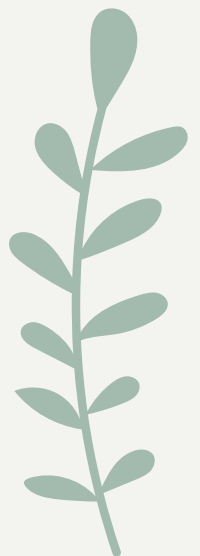


SPRING *Reflections*



What are you most excited
for this spring?

What does your ideal spring
day look like?



SPRING *Reflections*



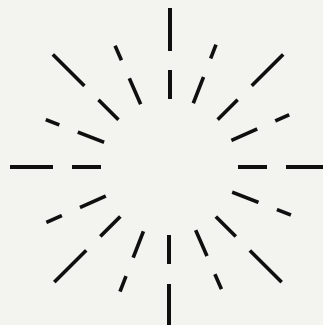
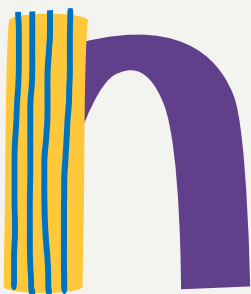
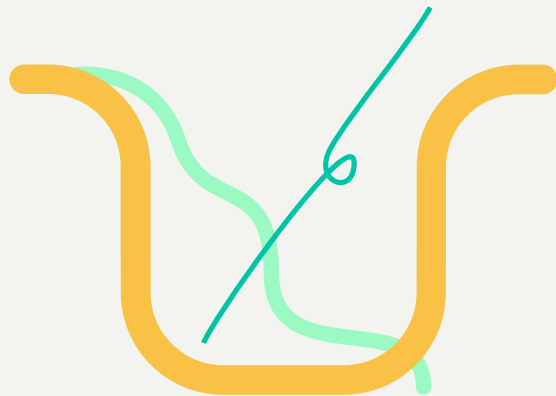
What has been making you
happy lately?

What has been making you
sad lately?

SPRING *Break*

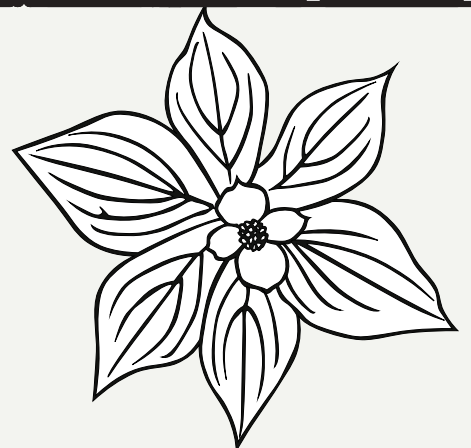
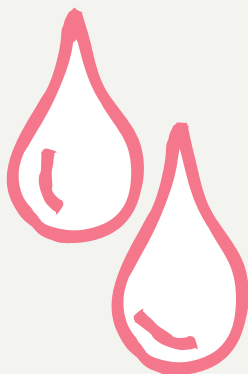
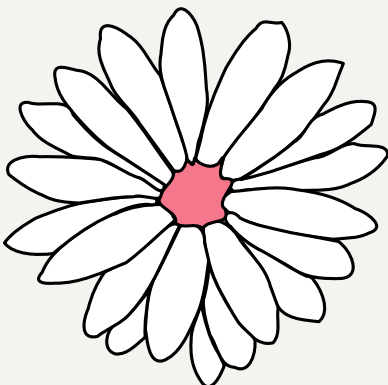
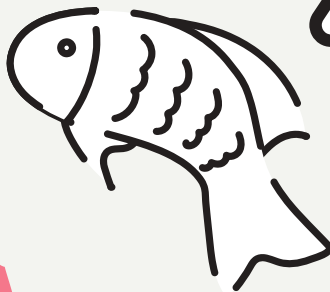
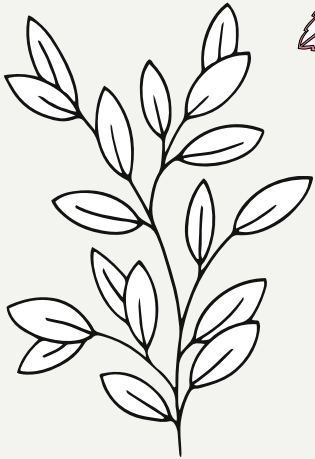
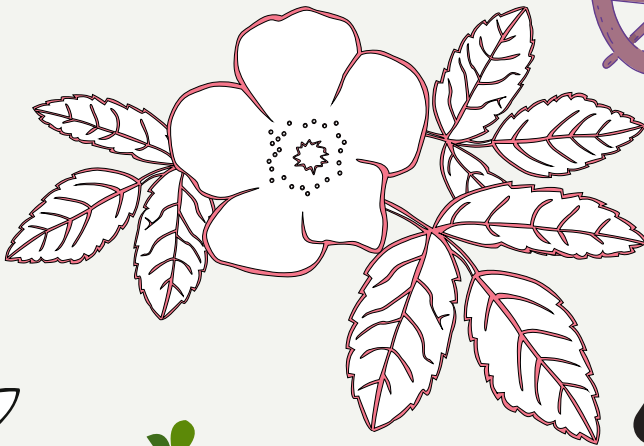
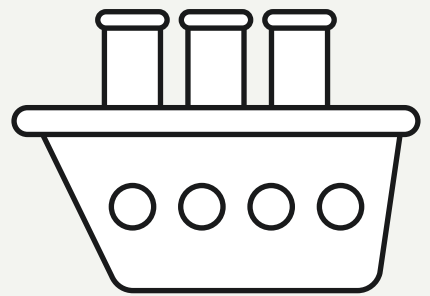
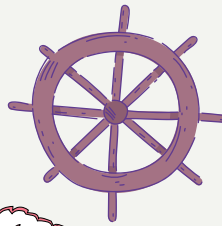
**Give yourself permission to take a
creative break!**

Look at the letters and lines, then free hand
draw and color them.

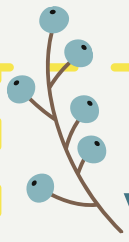


SPRING *Break*

Grab your favorite colors & relax your mind while coloring these warm-weathered items.



SPRING *Reflections*



Write out a scene of what
you want to do this spring:

Draw out the spring scene
you described above:



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Goal-Setting

Tackling performance goals:

What are they and how to create success

Definition:

Goals in relation to one's own level of performance or behavior

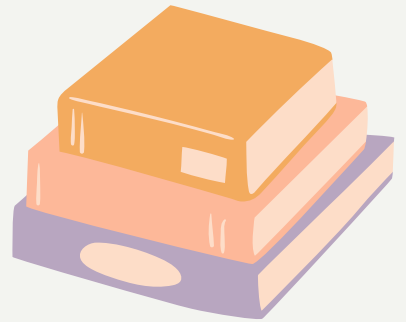
"The significance of a man is not in what he attains, but rather [in] what he longs to attain," wrote Kahlil Gibran.

In other words, it's important to have goals, whether or not we reach all of them.

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Goal-Setting

I want more of
this in my life



What I need to achieve it...

People I want to spend
more time with

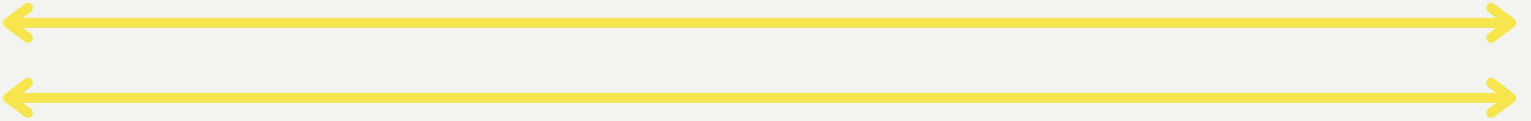
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Goal-Setting

What I want to
do differently



What I will do instead...



What I want to stop
doing completely

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Habits



Tips for breaking old habits to create the lifestyle you love. *Hint: Try new things!*

Psychologists recommend making changes when things are going well in your life.

- Take a class. (*Perhaps a wood building class, accounting, or a lecture series!*)
- Tell the truth.
- Order a drink you've never tasted before.
- Take a lesson in a sport you've never tried.
- Try a weeklong media blackout.
- Read about a completely different topic.
- Keep a diary, even if it's small. Write down your goals & record progress

SPRING *Fitness*

8 weeks to fitness success utilizing the staircase approach.

But first, keep these tips in mind:

Don't overdo it!

Always take at least one day of rest each week. Listen to your body.

Eat something substantial at least 2 hours before training.

Always warm up.

Don't give up!



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Fitness

Walking + Strength Training Program

**Weeks
1 & 2**



**Weeks
3 & 4**



**Weeks
5 & 6**



**Weeks
7 & 8**



Walk 3 days a
week for 15
minutes

Body weight
strength train
2 days a week
for 15 minutes

Walk 3 days
a week for
20 minutes

Light weight
strength train
2 days a week
for 20 minutes

Walk 3 days a
week for 25
minutes

Medium weight
strength train
3 days a week
for 20 minutes

Walk 3 days a
week for 30
minutes

Heavier weight
strength train
3 days a week
for 20 minutes

SPRING

Fitness

Jogging + Strength Training Program

**Weeks
1 & 2**



**Weeks
3 & 4**



**Weeks
5 & 6**



**Weeks
7 & 8**



Walk 3 days a
week for 20
minutes

Walk/jog 3 days
a week for
20 minutes

Jog 3 days a
week for 20
minutes

Jog 3 days a
week for 30
minutes

Body weight
strength train
2 days a week
for 15 minutes

Light weight
strength train
2 days a week
for 20 minutes

Medium weight
strength train
3 days a week
for 20 minutes

Heavier weight
strength train
3 days a week
for 20 minutes

SPRING *Emotions*

Don't be afraid of your emotions.

We often hide our emotions or try to escape from them keeping ourselves busy. But emotions actually provide us with useful messages about ourselves, letting us know who we are and what we value.



Take a moment to write yourself a nice letter
and to experience all of your emotions.

What are you worrying about too much?
What could you let go of?
How can you better enjoy what you have?
Give yourself some advice.



Dear

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Date

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