

WEEKLY *Wellness planner*

DR. KARLA HYLTON



Crafting Your Week with
Mindfulness and Purpose



Hi,

I'm Karla, your dedicated guide on this journey of enlightenment. I'm excited to join you on this empowering voyage towards self-discovery, balance, and holistic wellness. This planner is crafted to help you cultivate mindfulness and intentional living, empowering you to nurture your physical, emotional, and mental well-being with structured guidance throughout your weeks.

Karla Hylton



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Reflect on a theme or feeling you would like to guide your week.

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Outline some tangible, wellness-centered goals for your week.

03. Daily Check-In

Each evening, take a moment to reflect on your day, noting down your activities, joys, and challenges.

04. Self-Care & Relaxation

Keep track of your dedicated self-care moments throughout the week.

05. Weekly Reflections

At the end of the week, spend time reviewing, celebrating wins, and recognizing lessons.



WEEKLY INTENTIONS *and goals*

WEEKLY INTENTIONS:

Intentions serve as the gentle whispers of our innermost selves, nudging us towards our authentic path. Let's create a nurturing space for these delicate echoes, allowing them to influence our decisions and actions in the week ahead. Jot down what resonates as authentic and significant to you—maybe kindness, presence, or courage. Let your intentions serve as guiding lights, softly illuminating your journey forward

GOALS:

Goals are gentle milestones that guide us toward our dreams, not with urgency, but gentle consistency. On the following page, we will set some SMART goals for the week ahead. These goals can relate to your wellness journey, personal growth, or professional development.

Keep in mind that every stride, regardless of its magnitude, is a graceful advancement towards your aspirations.



SMART GOALS MAPPING

Concrete goals are your wellness milestones.

Let's set goals that are SMART:

S	Specific: Clear and concise.
M	Measurable: Quantifiable to track progress.
A	Achievable: Attainable to remain motivating.
R	Relevant: Aligned with your larger wellness vision.
T	Time-bound: Encased within a timeframe.

Sketch your goals with kindness, remembering that they are fluid and can adapt to your journey's needs.



DAILY CHECK IN

TODAY'S FOCUS

What's your primary focus for today? Whether it's finding peace, achieving a particular objective, or nurturing gratitude, pinpoint your central theme to navigate your day with clarity.

MOOD & ENERGY LEVELS

Acknowledge your emotions and energy without passing judgment. How did you feel today? Were you filled with exuberance, calmness, or perhaps feeling a bit subdued? All feelings are welcomed and honored here.

PHYSICAL ACTIVITY AND NUTRITION LOGS

Treat your body like a temple. Document your physical activities and nourishment without judgment, using this log as a gentle guide rather than a strict rulebook.

JOYFUL MOMENTS AND CHALLENGES

Embrace every glimmer of joy and acknowledge every obstacle. By honoring both, we embrace the full spectrum of our journey, learning and growing with each step.



SELF-CARE & RELAXATION

Crafting Moments of Self-Love

SELF-CARE GUIDE:

Self-care isn't just a task; it's a loving dedication to oneself. Reflect on how you cherished yourself this week. Recall the moments when you paused and gifted yourself time—a tranquil bath, a leisurely walk, or simply a moment of stillness amid the rush. Your acts of self-care are a beautiful tribute to your essence, a gentle reminder that echoes, 'I am important.'

Take a moment to jot down your self-care experiences, and if you find yourself rushing past them, grant yourself a pause. Remember to breathe—you are valued

RELAXATION TECHNIQUES:

Relaxation is not an escape but a gentle return to our serene core. Did you explore any relaxation techniques this week - perhaps mindful breathing, gentle yoga, or mindful walks? Document them here and notice how your body and mind responded to them. If not, that's perfectly fine. Consider jotting down one method you'd like to explore in the upcoming week.



SELF-CARE CHECKLIST

Self-care is a loving commitment to oneself. How did you cherish yourself this week?

<input type="checkbox"/>	Take a long bath	<input type="checkbox"/>	Engage in a hobby
<input type="checkbox"/>	Read for pleasure	<input type="checkbox"/>	Listen to your favorite music
<input type="checkbox"/>	Go for a long walk	<input type="checkbox"/>	Spend time with a loved one
<input type="checkbox"/>	Practice mindful meditation	<input type="checkbox"/>	Watch a light-hearted movie
<input type="checkbox"/>	Journal your thoughts	<input type="checkbox"/>	Pamper yourself
<input type="checkbox"/>	Try gentle yoga	<input type="checkbox"/>	Take a short nap
<input type="checkbox"/>	Cook a nourishing meal	<input type="checkbox"/>	Go for a swim
<input type="checkbox"/>	Visit a museum or gallery	<input type="checkbox"/>	Practice gratitude
<input type="checkbox"/>	Gardening	<input type="checkbox"/>	Attend a workshop or class
<input type="checkbox"/>	Paint or draw	<input type="checkbox"/>	Explore a new place



Weekly Reflection & Gratitude Journal

REFLECTIONS:

Reflection serves as a window to witness our growth and comprehend our challenges. As we reach the end of the week, let's take a moment to look back—not with judgment, but with love and observation. Celebrate your victories, no matter how small they may seem, and acknowledge the obstacles with compassion.

What worked? What felt challenging? Pen down without self-critique, and let these words be your gentle guide toward understanding and evolving on this journey.

GRATITUDE JOURNAL:

Gratitude serves as a gentle anchor in both chaotic and serene moments of our lives. Take a moment to jot down three things or moments from this week that ignited a sense of thankfulness in your heart. It could be as simple as enjoying a peaceful cup of tea, receiving a warm hug, experiencing a moment of clarity, or simply being present in the here and now. Each spark of gratitude is significant, making every expression of thankfulness monumental.



WEEKLY REFLECTIONS

WINS OF THE WEEK

Celebrate your achievements, however small they might be:

CHALLENGES ENCOUNTERED

Acknowledge any struggles or obstacles you faced:

LESSONS LEARNED

Identify lessons learnt that can be carried forward:

NEXT WEEK'S PRELIMINARY THOUGHTS

Write down any ideas or focus points for the upcoming week:



PLANNING AHEAD & NOTES

Charting your upcoming wellness voyage

PLANNING AHEAD:

The essence of planning lies not in rigid schedules, but in delicately charting a course that guides rather than dictates. As we peer into the week ahead, let's sketch a gentle map together. Think about the intentions, goals, and self-care moments you'd like to infuse into your days. Keep in mind, these plans are not set in stone but rather flexible, evolving alongside the ebb and flow of your journey.

NOTES:

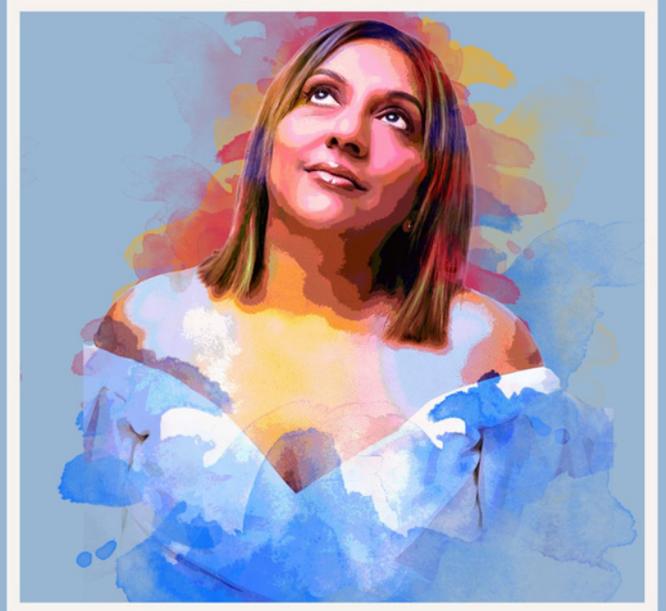
Your journey is distinctly yours, and every thought, every reflection, is a precious gem in your wellness tapestry. Take advantage of this space to capture any additional thoughts, feelings, or observations that fluttered through your being this week. Each word is a stride towards profound self-awareness, and each reflection, a jewel adorning your path to mindful living.

THE UNVARNISHED TRUTH

Purpose in the Pain

Dr. Karla Hylton

VANQUISHING MONSTERS



THE UNVARNISHED TRUTH: PURPOSE IN THE PAIN
COMPANION

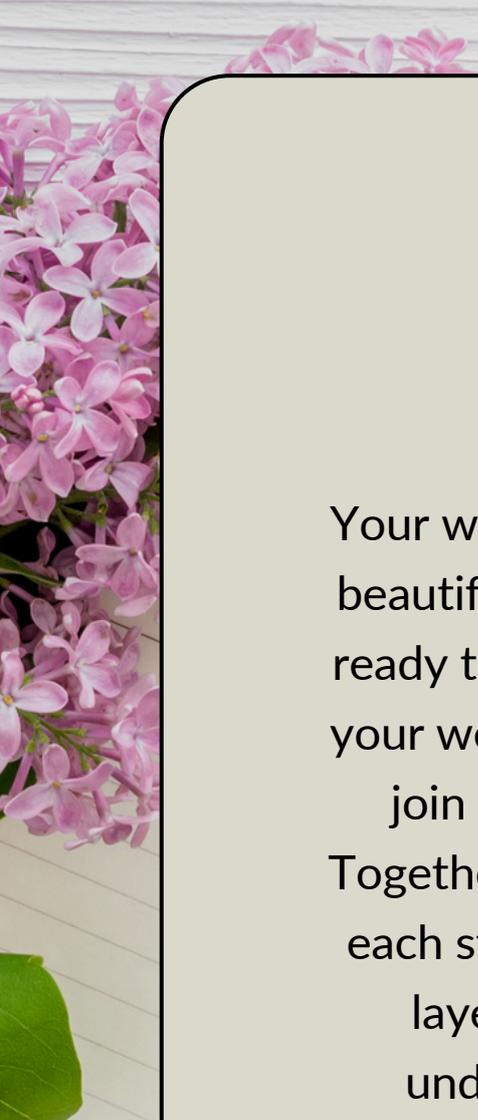
WORKBOOK

DR. KARLA HYLTON

Elevate Your Company's Mental Health and Wellness

Prioritize your team's well-being.

Call Dr. Karla Hylton
876-5641347



LET'S WORK TOGETHER

Your wellness journey is as unique as you are, a beautiful unfolding of self-discovery. If you are ready to delve deeper, to explore the depths of your well-being and mindfulness, I invite you to join me for wellness coaching workshops. Together, we'll navigate your path, approaching each step with curiosity and unwrapping each layer of your journey with kindness and understanding. Your story is ready to be unveiled, and I'm here to accompany you every step of the way on this transformative expedition.

Disclaimer: Please note that while I am dedicated to supporting your well-being, I am not a mental health professional. If you are experiencing severe mental health issues, I encourage you to seek assistance from a qualified therapist or counselor.

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