

Your Checklist for Reaching Calm Clarity

A FREE GIFT FOR TODAY'S WOMEN LEADERS
FROM WHOLE HEALTH SELF-CARE



As you target and enhance these **10 transformational areas**, they will - *together* - lead you away from stress and uncertainty and *propel* you into calm clarity for your decision-making.

Your journey through **the whole health way** to clarity may at times include moments of transition, adversity, and chaos. This check-list serves as a **quick reference guide** to remind you to refuel certain areas when they need energy. You will soon start taking steps forward with greater confidence and see more clearly the answers to the decisions you have to make. You'll also experience a stronger connection to yourself and have more capacity to *thrive* in this new era.

10 transformational areas
for women leaders:
reflection questions +
practical guidance for
decision-making

CALM CLARITY CHECKLIST

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MINDSET

- Which words am I using? Which thoughts am I allowing? Which habits and beliefs infuse my daily routine?
- Check the words you're using when you talk with yourself and others. Notice when fear or limiting beliefs emerge. Intentionally shift & reset.



SPIRITUAL CONNECTION

- Have I given myself quiet time for reflection, meditation and mindfulness today? Am I listening to my intuition?
- Carve out at least 10 mins., preferably a few times today, to connect to your inner self & be fully present in order to receive insights & replenishment.



STRESS RELIEF

- What are your "go to" tools or techniques for relieving stress when you feel your emotions overtaking your decision-making, word choices & interactions?
- The tools & techniques for you depend on how you process stress.



RELATIONSHIPS

- How are you *really* showing up to your loved ones & colleagues? Is there someone you should check on or follow up with today?
- Tune into the tone, body language & words you use + the energy you give when you interact with others today.



COMMUNITY

- Are your current community connections meaningful, uplifting & fulfilling for you? Should you join new communities for this stage of life?
- Consider contributing today to a community you have & whether joining a new one would be helpful to you.



NUTRITION

- Are you using foods & liquids that give you the nourishment & energy your body & mind need to thrive? Are you seeking comfort from the external inputs of specific foods & drinks?
- Notice how, when & why you make food & drink decisions today.

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MOVEMENT

- How can I move my body today in a way that refreshes my mind as well? Do I need fast, invigorating movement or slow, flowing movement today?
- While it's ideal to move your body each day, tune into the *type* of movement your body, mind & spirit need *today*.



SLEEP

- Have I gotten deep, rejuvenating sleep this week? Should I make adjustments to my nighttime routine to help me fall asleep & stay asleep more easily?
- Consider including nighttime self-care rituals that slow your body & mind down during the hour before bedtime.



PERSONAL FINANCES

- Am I knowledgeable & in control of my financial health? Are there small actions I could take today to empower myself & enhance my finances?
- Review how you organize your finances, whether you should learn a new skill & when to make changes.



POSITIVE PURPOSE

- What actions can I take today to fulfill my positive purpose in life? Am I in a state of "*be-ing*" that allows my positive purpose to flow?
- Connect to your inner motivations, drives & energy sources to act, speak, & think from your positive purpose.

FOCUS. IMAGINE. EXPRESS.

As you review this check-list each day, consider writing additional questions that help you focus for calm & clear decision-making. Especially in times of uncertainty, adversity & transition, we need to support each area of our whole health. They interact with each other & influence our state of well-being as well as our capacity to think, speak & act with compassion, empathy & kindness.

JOIN ME!

The transformational journey to calm clarity is often difficult to travel alone due to the potholes of doubt, fear & uncertainty that often emerge. I invite you to consider me as a guide who meets you *where you are* & helps you navigate through current and possible pathways. Join me for a **free 45-min. coaching session** to help you reframe, refresh or reinvigorate.

Email whitney@wholehealthselfcare.com to schedule your session.



About

Whitney Ortiz is the founder of Whole Health Self-Care. She's a highly trained and certified stress relief & well-being coach and mentor. She serves as a mind-body-spirit guide for mission-driven women leaders. Whitney helps them release stress and connect more deeply to themselves and others so they can experience greater clarity, deeper well-being, and enhanced quality of life.

Whitney brings to this moment her decades of work within all sectors, experience as a social entrepreneur, trainings in mind-body stress relief and connection, and understandings that she's gained from moving through traumas and uncertainties. With her one-on-one sessions, curated referral network, self-care packages, and "Whole Health Series" forum and podcast, Whitney guides women on a transformational journey through her signature process (the W.H.O.L.E. Way).

Previous and current clients report having more certainty in their decision-making, being more capable of managing life's transitions, and feeling more confident that past patterns and limiting beliefs will no longer hold them back from expressing their full potential.

Email Whitney a few days/times that work well for you to have a free session (whitney@wholehealthselfcare.com). Follow [@wholehealthselfcare](https://www.instagram.com/wholehealthselfcare).