



# Women of Wellness

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## **30-Day Wellness Leadership Jumpstart Guide**

*A Companion Resource to*

**Lead with Well-Being: A Woman's Strategic Guide to Transforming Workplace Culture**



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## Welcome to Your Wellness Leadership Journey

This 30-day guide is designed to help you integrate the principles from *Lead with Well-Being* into your daily leadership practice. Each day includes a focused action, reflection prompt, and practical application to help you build sustainable wellness habits that strengthen your leadership.

### How to Use This Guide:

- Complete one day at a time—no rushing ahead
- Use a journal to capture your reflections
- Adapt activities to fit your schedule and leadership context
- Share your journey with other women leaders for accountability
- Revisit sections as needed throughout your leadership journey



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## **WEEK 1: Foundation - Understanding Your Current State**

### **Day 1: Assess Your Energy Patterns**

#### **Action:**

Track your energy levels throughout the day (on a scale of 1-10) at four key times: morning, midday, afternoon, and evening.

#### **Reflection:**

When do you feel most energized? When do you hit a wall? What patterns emerge?

#### **Application:**

Identify one high-stakes task or meeting you can reschedule to align with your peak energy time this week.

### **Day 2: Audit Your Boundaries**

#### **Action:**

List all your current commitments (work meetings, personal obligations, recurring tasks). Mark each as "energizing," "neutral," or "draining."

#### **Reflection:**

What percentage of your time is spent on draining activities? Which commitments align with your values and which ones don't?

#### **Application:**

Choose one "draining" commitment to eliminate, delegate, or renegotiate within the next two weeks.

### **Day 3: Identify Your Stress Signals**

#### **Action:**

Notice your body's stress signals today. Physical (tension, headaches, fatigue), emotional (irritability, anxiety, overwhelm), and behavioral (rushing, multitasking, poor eating).



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## **Reflection:**

What are your top three stress signals? How early do they appear before you reach burnout?

## **Application:**

Create a personal "stress alert system" that names these signals and triggers a self-care response.

## **Day 4: Define Your Non-Negotiables**

### **Action:**

List 5-7 daily or weekly wellness practices that are essential to your well-being (sleep, movement, nutrition, connection, quiet time, etc.).

### **Reflection:**

Which non-negotiables are you currently honoring? Which have you been sacrificing?

### **Application:**

Schedule ONE non-negotiable into your calendar for every day this week as an unbreakable appointment.

## **Day 5: Map Your Support System**

### **Action:**

Create a support system map with three circles: inner circle (closest supporters), middle circle (regular supporters), outer circle (occasional supporters).

### **Reflection:**

Who energizes you? Who drains you? Are there gaps in your support system?

### **Application:**

Reach out to one person in your inner or middle circle today for connection—even a brief text or call.



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## Day 6: Examine Your Self-Talk

### Action:

Pay attention to your internal dialogue today, especially during challenging moments. Write down critical thoughts you notice.

### Reflection:

Would you speak to your best friend or colleague this way? Where did these critical voices originate?

### Application:

Rewrite one critical thought into a compassionate, coaching statement you'd offer someone you respect.

## Day 7: Weekly Integration & Rest

### Action:

Review your discoveries from Week 1. What surprised you most?

### Reflection:

What is one key insight about yourself as a leader that you want to carry forward?

### Application:

Practice intentional rest today—guilt-free. Choose one restorative activity that fills your cup.



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## WEEK 2: Reclaiming Your Time & Attention

### Day 8: Conduct a Meeting Audit

#### Action:

Review all recurring meetings on your calendar. For each one, ask: Is my presence essential? Does this align with my strategic priorities?

#### Reflection:

How many hours per week do you spend in meetings? How many of those meetings truly need you?

#### Application:

Decline, delegate, or reduce your time in at least one recurring meeting this week.

### Day 9: Create Your Ideal Morning Routine

#### Action:

Design a realistic morning routine that sets you up for success (not a Pinterest-perfect fantasy, but something you can actually sustain).

#### Reflection:

What do you need in the morning to feel grounded and ready? What current habits undermine your well-being?

#### Application:

Implement one element of your ideal morning routine starting tomorrow.

### Day 10: Practice Strategic "No"

#### Action:

Notice every request that comes your way today. Before automatically saying "yes," pause and ask: "Does this align with my priorities and values?"

#### Reflection:



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How often do you say "yes" out of guilt, fear, or people-pleasing rather than genuine alignment?

## **Application:**

Say "no" (or "not now") to one request today using this script: "I appreciate you thinking of me. Given my current commitments, I'm unable to take this on right now."

## **Day 11: Implement Focus Blocks**

### **Action:**

Schedule 2-3 "focus blocks" (90-minute periods of uninterrupted, deep work) into your calendar this week.

### **Reflection:**

What work requires your deepest thinking? When can you protect time for this high-value work?

### **Application:**

Turn off notifications, close unnecessary tabs, and work on ONE priority during your first focus block.

## **Day 12: Establish Email Boundaries**

### **Action:**

Define specific times for checking and responding to email rather than living in your inbox.

### **Reflection:**

How much mental energy does constant email checking consume? What would change if you batched this task?

### **Application:**

Set 2-3 designated email times today and close your inbox outside those windows.

## **Day 13: Delegate with Confidence**



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**Action:**

Identify three tasks you're currently doing that could be delegated to team members (consider what develops others, not just what you want off your plate).

**Reflection:**

What makes delegation difficult for you? Control? Trust? Guilt? Perfectionism?

**Application:**

Delegate one task this week with clear expectations and support, then resist the urge to take it back.

## Day 14: Weekly Integration & Rest

**Action:**

Reflect on your relationship with time this week. What shifted?

**Reflection:**

What did reclaiming even small portions of your time make possible?

**Application:**

Celebrate your wins—acknowledge where you protected your time and attention this week.





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## WEEK 3: Building Sustainable Energy

### Day 15: Optimize Your Sleep

#### Action:

Assess your current sleep quality and quantity. Track your bedtime, wake time, and how rested you feel.

#### Reflection:

Are you getting 7-9 hours? What's interfering with quality sleep?

#### Application:

Choose one sleep hygiene improvement to implement tonight (earlier bedtime, screen-free wind-down, cooler room, etc.).

### Day 16: Move Your Body Intentionally

#### Action:

Notice how much (or little) you're moving today. Movement doesn't have to mean intense workouts—walking, stretching, dancing all count.

#### Reflection:

How does your body feel? What type of movement brings you joy versus obligation?

#### Application:

Schedule 20-30 minutes of joyful movement three times this week.

### Day 17: Nourish with Intention

#### Action:

Pay attention to what, when, and how you're eating today. Notice if you're eating while distracted or rushed.

#### Reflection:

Are you fueling your body or just filling time? When do you eat mindfully versus mindlessly?



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## **Application:**

Eat one meal today without screens, sitting down, and actually tasting your food.

## **Day 18: Practice Micro-Recovery**

### **Action:**

Build in 3-5 "micro-recovery" moments today—2-5 minute breaks to reset (deep breathing, stretching, stepping outside, closing your eyes).

### **Reflection:**

How do you feel after these brief pauses? What changes in your focus and energy?

### **Application:**

Set hourly reminders this week for micro-recovery breaks.

## **Day 19: Assess Your Stimulant Use**

### **Action:**

Notice your caffeine, sugar, and other stimulant consumption throughout the day.

### **Reflection:**

Are you using stimulants to mask exhaustion? What would happen if you addressed the root cause (sleep, boundaries, overwork)?

### **Application:**

Reduce caffeine after 2pm this week and notice the impact on your sleep quality.

## **Day 20: Connect Authentically**

### **Action:**

Have one genuine conversation today—not transactional small talk, but real connection with someone who matters to you.



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## **Reflection:**

How often do you move through your day without meaningful human connection? What does isolation cost you?

## **Application:**

Schedule a coffee chat, lunch, or phone call with someone in your support system this week.

## **Day 21: Weekly Integration & Rest**

### **Action:**

Notice how your energy has shifted over three weeks of intentional practices.

### **Reflection:**

Which sustainable energy practices made the biggest difference for you?

### **Application:**

Make one energy-building practice a permanent part of your routine.



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## **WEEK 4: Leading with Well-Being**

### **Day 22: Model Vulnerability**

#### **Action:**

Share something authentic with your team today—a challenge you're facing, a mistake you made, or something you're learning.

#### **Reflection:**

What makes vulnerability feel risky? What becomes possible when you lead with authenticity?

#### **Application:**

In your next team meeting, share one genuine challenge and ask for input or support.

### **Day 23: Recognize & Appreciate**

#### **Action:**

Notice and acknowledge the contributions of team members today—be specific about what you appreciate and why it matters.

#### **Reflection:**

How often do you catch people doing things right versus only addressing problems?

#### **Application:**

Send three specific, meaningful appreciation messages to team members today.

### **Day 24: Create Psychological Safety**

#### **Action:**

In today's conversations, practice responding to ideas and concerns with curiosity rather than judgment or defensiveness.

#### **Reflection:**



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Do people feel safe bringing problems, ideas, or mistakes to you? What signals safety or danger in your responses?

## **Application:**

Use phrases like "Tell me more," "What else?" and "Help me understand" in at least three conversations today.

## **Day 25: Challenge the Culture of Overwork**

### **Action:**

Model healthy boundaries today—leave on time, take your lunch break, don't send emails after hours.

### **Reflection:**

What cultural messages about overwork exist in your organization? How might you be perpetuating them?

### **Application:**

Explicitly tell your team when you're offline and that you don't expect after-hours responses.

## **Day 26: Design Team Wellness Rituals**

### **Action:**

Brainstorm small wellness practices you could build into team rhythms (meeting-free focus time, walking 1:1s, mindful meeting starts).

### **Reflection:**

What would team wellness look like in practice, not just theory?

### **Application:**

Introduce one small wellness ritual to your team this week and explain why it matters.

## **Day 27: Address Burnout Signs**

### **Action:**



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Check in with your team members individually. Ask genuinely: "How are you doing? What support do you need?"

## **Reflection:**

What signs of burnout might you be missing? Who needs support right now?

## **Application:**

Have one honest conversation about workload, stress, or well-being with a team member who seems to be struggling.

## **Day 28: Advocate for Systemic Change**

### **Action:**

Identify one policy, practice, or cultural norm in your organization that undermines well-being.

### **Reflection:**

What small change could you influence? Who else needs to be part of the conversation?

### **Application:**

Draft a proposal or initiate a conversation with decision-makers about one systemic improvement.

## **Day 29: Reflect on Your Leadership Evolution**

### **Action:**

Review your journal entries from the past 30 days. What has changed in how you lead, work, and care for yourself?

### **Reflection:**

What practices have become easier? What still feels hard? What are you most proud of?

### **Application:**



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Write yourself a letter acknowledging your growth and committing to the practices you want to sustain.

## **Day 30: Create Your Ongoing Plan**

### **Action:**

Design your personalized wellness leadership plan for the next 90 days. Choose 3-5 core practices to maintain.

### **Reflection:**

What support structures do you need to sustain these changes? Who can hold you accountable?

### **Application:**

Share your plan with an accountability partner and schedule monthly check-ins.



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## Next Steps: Sustaining Your Wellness Leadership Journey

Congratulations on completing your 30-Day Wellness Leadership Jumpstart! You've taken significant steps toward leading with well-being rather than burnout.

### To continue your journey:

- **Review & Refine:** Revisit this guide monthly, focusing on areas where you've slipped or want to go deeper.
- **Find Your Community:** Connect with other women leaders committed to this work. You weren't meant to do this alone.
- **Keep Learning:** Continue exploring the concepts in *Lead with Well-Being* and other resources that support your growth.
- **Track Your Progress:** Notice the ripple effects—in your energy, your leadership effectiveness, your team's engagement, and your organization's culture.
- **Be Patient:** Culture change takes time. You're planting seeds that will grow into lasting transformation.

***Remember:** Leading with well-being isn't soft—it's strategic. It's not selfish—it's sustainable. And it's not weakness—it's the competitive advantage that transforms workplaces and lives.*

**Your well-being matters. Your leadership matters.** And you don't have to choose between the two.

## Additional Resources

### Connect with Amy:

- Women of Wellness: [womenofwellness.love](https://womenofwellness.love)
- Blossom Wellness App: Blossom Wellness

### Emergency Support:

If you're experiencing severe burnout, mental health crisis, or thoughts of self-harm, please reach out for professional support immediately.

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*For more in-depth exploration of these concepts, return to the book and continue the conversation in our community.*