

My Holistic Cycle



Use this Holistic Cycle map to write down habits and activities that help you stay grounded and balanced within your mind, body, and spirit. An example could be exercising because it taps into all three or cooking because it helps you relax, it's good for the body, and uplifts your spirit. Write down things that align with who you are and what you love. Holistic healing is all about taking care of yourself as a whole, so consistently engaging in activities that heal you helps to keep the cycle of health and wellbeing flowing easily.

