

2024

WELLNESS PLANNER

HEALTH, WEALTH
PEACE & PROSPERITY



The Pursuit Of Wellness

WHAT DOES WELLNESS LOOK LIKE?

EMOTIONAL

EMOTIONAL WELLBEING INVOLVES UNDERSTANDING, MANAGING, AND EXPRESSING EMOTIONS IN A HEALTHY WAY. IT INVOLVES SELF-AWARENESS, SELF-REGULATION, INTERPERSONAL RELATIONSHIPS, AND RESILIENCE.

FINANCIAL

FINANCIAL WELLBEING INVOLVES AN INDIVIDUAL'S FINANCIAL HEALTH, AND THE ABILITY TO MEET REALISTIC SHORT AND LONG TERM FINANCIAL GOALS.

SPIRITUAL

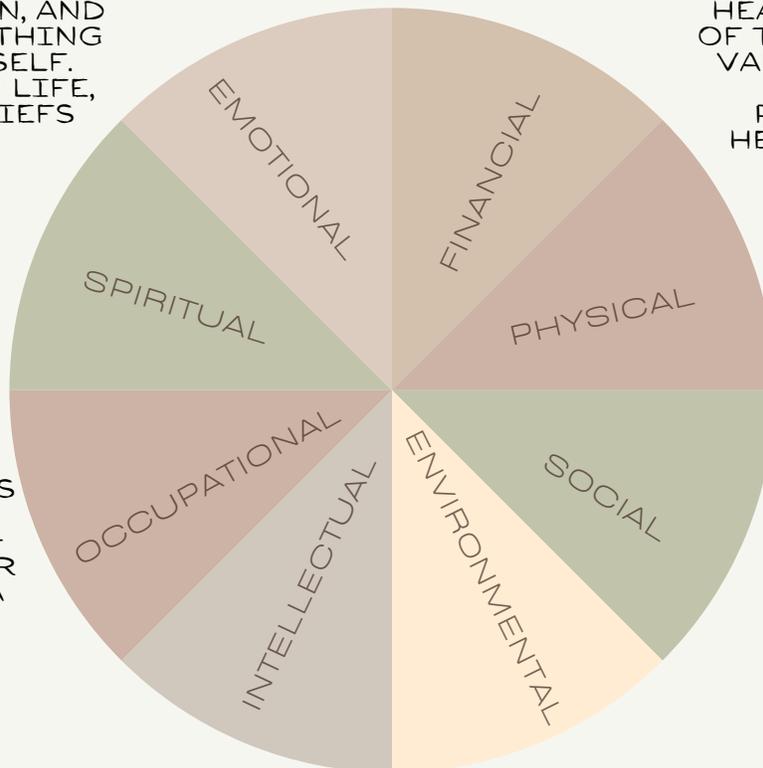
SPIRITUAL WELLBEING INVOLVES A SENSE OF PURPOSE, CONNECTION, AND HARMONY WITH SOMETHING GREATER THAN ONESELF. FINDING MEANING IN LIFE, AND ONE'S CORE BELIEFS AND VALUES.

PHYSICAL

PHYSICAL WELLBEING INVOLVES THE OVERALL HEALTH AND CONDITION OF THE BODY. IT INVOLVES VARIOUS ASPECTS THAT CONTRIBUTE TO A PERSON'S PHYSICAL HEALTH AND VITALITY.

OCCUPATIONAL

OCCUPATIONAL WELLNESS INVOLVES FINDING PERSONAL FULFILLMENT IN ONE'S WORK. IT COVERS ASPECTS LIKE WORK-LIFE BALANCE, CAREER DEVELOPMENT, AND A SENSE OF PURPOSE PROFESSIONALLY.



SOCIAL

SOCIAL WELLBEING INVOLVES THE QUALITY AND STRENGTH OF AN INDIVIDUAL'S RELATIONSHIPS, SOCIAL SUPPORTS, AND SENSE OF CONNECTION TO OTHERS.

INTELLECTUAL

INTELLECTUAL WELLNESS INVOLVES ENGAGING IN ACTIVITIES THAT STIMULATE THE MIND. IT INVOLVES THE DEVELOPMENT OF INTELLECTUAL CURIOSITY, CREATIVITY, AND A COMMITMENT TO EXPANDING KNOWLEDGE.

ENVIRONMENTAL

ENVIRONMENTAL WELLNESS FOCUSES ON THE CONNECTIONS BETWEEN INDIVIDUALS AND THEIR EXTERNAL SURROUNDINGS. IT ACKNOWLEDGES THE IMPACT OF THE ENVIRONMENT ON OVERALL WELL-BEING.

WHICH AREAS OF WELLNESS SHOULD I FOCUS ON MORE?

WHAT ARE SOME REALISTIC CHANGES THAT I WOULD LIKE TO SEE IN THESE AREAS?

HOW TO SET S.M.A.R.T. GOALS

THE MORE INTENTIONAL WE ARE WITH GOAL SETTING, THE MORE LIKELY WE ARE TO EXPERIENCE SUCCESS IN ATTAINING THEM.

- | | | | | |
|---|---|------------|---|---|
| S | → | SPECIFIC | → | CLEAR, WELL DEFINED AND FOCUSED. THE MORE PRECISE YOU ARE, THE CLEARER YOUR STEPS WILL BE TOWARDS IT. |
| M | → | MEASURABLE | → | HOW ARE YOU GOING TO CLEARLY TRACK AND MONITOR PROGRESS TOWARDS THIS GOAL? |
| A | → | ACHIEVABLE | → | DO YOU HAVE THE SKILLS AND RESOURCES TO MEET THIS GOAL? SET YOURSELF UP FOR SUCCESS. |
| R | → | RELEVANT | → | WHY IS THIS GOAL IMPORTANT TO YOU? DOES IT ALIGN WITH THE BIGGER PICTURE OF YOUR LIFE? |
| T | → | TIME BASED | → | SET A CLEAR AND REALISTIC TIMELINE FOR THIS GOAL, A WELL THOUGHT OUT DEADLINE. |



Mental Health

DAILY TRACKER

DATE:

TIME:



WORD OR AFFIRMATION OF THE DAY:

HOW DID I PRACTICE SELF CARE TODAY?

HOW WAS THE WEATHER?

				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY MOOD(S):

				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HOURS SLEPT LAST NIGHT:

0 - 3	4 - 6	7 - 9
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CUPS OF WATER:

WHAT WAS I MOST PROUD OF TODAY?

TODAY'S ENERGY GIVERS:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

TODAY'S ENERGY TAKERS:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

WHAT IS ONE SMALL IMPROVEMENT I CAN MAKE TOMORROW?



WEEK OF:



The Power of Consistency

HABIT TRACKER

HABIT	SUN	MON	TUES	WED	THURS	FRI	SAT
TAKING A STEP TOWARDS WELLNESS.	✓	✓	✓	✓	✓	✓	✓



DATE:

TIME:

Daily Wellness

JOURNAL PROMPTS

WHAT WOULD AN IDEAL DAY LOOK LIKE TO ME?

WHAT MATTERS THE MOST IN LIFE TO ME RIGHT NOW?

WHAT DO I NEED TO LET GO OF?

WHAT DO I NEED TO INVITE MORE OF INTO MY LIFE?

WHAT BRINGS ME THE MOST CALM IN LIFE?

WHAT ASPECT OF MYSELF DO I NEED TO FACE TODAY?

WHAT EXCUSES ARE HOLDING ME BACK?

WHAT IMPACT AM I MAKING IN THE WORLD RIGHT NOW?

WHAT DRAINS MY ENERGY? WHAT RENEWS MY ENERGY?

WHAT WOULD I SAY TO MY YOUNGER SELF RIGHT NOW?

WHAT MAKES ME FEEL POWERFUL?

WHAT DO I HAVE TO MAKE MORE TIME FOR?



2024 Calendars

JANUARY

SU	MO	TU	WE	TH	FR	SA
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

SU	MO	TU	WE	TH	FR	SA
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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MARCH

SU	MO	TU	WE	TH	FR	SA
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31						

APRIL

SU	MO	TU	WE	TH	FR	SA
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MAY

SU	MO	TU	WE	TH	FR	SA
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JUNE

SU	MO	TU	WE	TH	FR	SA
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JULY

SU	MO	TU	WE	TH	FR	SA
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28	29	30	31			

AUGUST

SU	MO	TU	WE	TH	FR	SA
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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SEPTEMBER

SU	MO	TU	WE	TH	FR	SA
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OCTOBER

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NOVEMBER

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DECEMBER

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2024 Life & Financial Planner

THE PREVIOUS SECTION OF OUR PLANNER FOCUSED ON EMOTIONAL WELLBEING. THIS NEXT SECTION WILL PLACE MORE OF A FOCUS ON LIFE PLANNING, AND FINANCIAL WELLNESS.

FINANCIAL HEALTH PLAYS A MAJOR ROLE IN PROMOTING OVERALL WELLNESS. A STABLE FINANCIAL SITUATION INCLUDING THE PRESENCE OF SAVINGS AND MANAGEABLE DEBT LEVELS CONTRIBUTES TO REDUCED STRESS AND ANXIETY, AND AN INCREASED SENSE OF OVERALL SECURITY.





JANUARY

Life & Financial Planner

SUN	MON	TUE	WED	THU	FRI	SAT
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21	22	23	24	25	26	27
28	29	30	31			

GOALS	TASKS
<input type="checkbox"/>	<input type="checkbox"/>



SAVINGS GOALS

CATEGORY	TOTAL SAVED	PLANNED	ACTUAL
<input type="checkbox"/>			
TOTAL SAVINGS:			

CURRENT DEBT

DEBT	TOTAL OWED	DUE DATE	PLANNED	ACTUAL
<input type="checkbox"/>				
TOTAL SAVINGS:				

NOTES





FEBRUARY

Life & Financial Planner

SUN	MON	TUE	WED	THU	FRI	SAT
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18	19	20	21	22	23	24
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GOALS	TASKS
<input type="checkbox"/>	<input type="checkbox"/>



SAVINGS GOALS

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CURRENT DEBT

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<input type="checkbox"/>				
TOTAL SAVINGS:				

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MARCH

Life & Financial Planner

SUN	MON	TUE	WED	THU	FRI	SAT
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GOALS	TASKS
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SAVINGS GOALS

CATEGORY	TOTAL SAVED	PLANNED	ACTUAL
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CURRENT DEBT

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TOTAL SAVINGS:				

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APRIL

Life & Financial Planner

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GOALS	TASKS
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MAY

Life & Financial Planner

SUN	MON	TUE	WED	THU	FRI	SAT
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19	20	21	22	23	24	25
26	27	28	29	30	31	

GOALS	TASKS
<input type="checkbox"/>	<input type="checkbox"/>



FIXED EXPENSES

BILL	DUE DATE	PLANNED	AMOUNT
<input type="checkbox"/>			
TOTAL:			

VARIABLE EXPENSES

BILL	DUE DATE	PLANNED	AMOUNT
<input type="checkbox"/>			
TOTAL:			



SAVINGS GOALS

CATEGORY	TOTAL SAVED	PLANNED	ACTUAL
<input type="checkbox"/>			
TOTAL SAVINGS:			

CURRENT DEBT

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TOTAL SAVINGS:				

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JUNE

Life & Financial Planner

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GOALS	TASKS
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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SAVINGS GOALS

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CURRENT DEBT

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JULY

Life & Financial Planner

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GOALS	TASKS
<input type="checkbox"/>	<input type="checkbox"/>



FIXED EXPENSES

BILL	DUE DATE	PLANNED	AMOUNT
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TOTAL:			

VARIABLE EXPENSES

BILL	DUE DATE	PLANNED	AMOUNT
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TOTAL:			



SAVINGS GOALS

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CURRENT DEBT

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AUGUST

Life & Financial Planner

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GOALS	TASKS
<input type="checkbox"/>	<input type="checkbox"/>



FIXED EXPENSES

BILL	DUE DATE	PLANNED	AMOUNT
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TOTAL:			

VARIABLE EXPENSES

BILL	DUE DATE	PLANNED	AMOUNT
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TOTAL:			



Savings Goals

CATEGORY	TOTAL SAVED	PLANNED	ACTUAL
<input type="checkbox"/>			
TOTAL SAVINGS:			

Current Debt

DEBT	TOTAL OWED	DUE DATE	PLANNED	ACTUAL
<input type="checkbox"/>				
TOTAL SAVINGS:				

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SEPTEMBER

Life & Financial Planner

SUN	MON	TUE	WED	THU	FRI	SAT
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GOALS	TASKS
<input type="checkbox"/>	<input type="checkbox"/>



SAVINGS GOALS

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OCTOBER

Life & Financial Planner

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GOALS	TASKS
<input type="checkbox"/>	<input type="checkbox"/>



FIXED EXPENSES

BILL	DUE DATE	PLANNED	AMOUNT
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TOTAL:			

VARIABLE EXPENSES

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TOTAL:			



SAVINGS GOALS

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NOVEMBER

Life & Financial Planner

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GOALS	TASKS
<input type="checkbox"/>	<input type="checkbox"/>



SAVINGS GOALS

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CURRENT DEBT

DEBT	TOTAL OWED	DUE DATE	PLANNED	ACTUAL
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TOTAL SAVINGS:				

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DECEMBER

Life & Financial Planner

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29	30	31				

GOALS	TASKS
<input type="checkbox"/>	<input type="checkbox"/>



DECEMBER

Savings Goals

CATEGORY	TOTAL SAVED	PLANNED	ACTUAL
<input type="checkbox"/>			
TOTAL SAVINGS:			

Current Debt

DEBT	TOTAL OWED	DUE DATE	PLANNED	ACTUAL
<input type="checkbox"/>				
TOTAL SAVINGS:				

NOTES





FOR THE MINDFULNESS