



WELLNESS WORKBOOK

Treat yourself to some wellness work to help you relax into a new season.

BY AISLING GIVEN





Introduction

WHAT IS WELLNESS



Wellness is different for everyone. Some people relax to music, others prefer it quiet. This workbook is designed to help you figure out what you enjoy most. You might not know right away, what it is that improves your wellness, but experimenting and getting to know what you do enjoy, will form part of your wellness journey.

Happiness is not something ready made. It comes from your own actions.

Dalai Lama

Section 1

SETTING YOUR GOALS

Setting future goals help you focus on where you want to be. Over the next three months, what would you like to achieve with your wellness? What is the purpose of your wellness journey? What is important to you as you move through the next few months of this season? Be gentle with yourself.

30 DAYS

ACTION PLAN

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60 DAYS

ACTION PLAN

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90 DAYS

ACTION PLAN

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Section 2

LET'S ASSESS

Take a moment to self-assess. How do you feel physically and emotionally today? You can come back to this at the end of each 30 days to see if your ratings have changed in anyway.

How will you rate the following					
	Never	Rarely	Sometimes	Always	
PHYSICAL	I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
	Never	Rarely	Sometimes	Always	
EMOTIONAL	I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I am able to cope when stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 3

PLANNING AHEAD

List the things that you already do in your life to improve your wellbeing. Or the things that you would like to try. Remember to include physical and emotional strategies.



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Section 4

CHECKLIST

Physical activities for the week

- ☐ Exercise and/or go for a walk
- ☐ Eat healthy food and snacks
- ☐ Get 7 hours of sleep per night
- ☐ Enjoy stillness and/or meditate
- ☐ Spend time in nature



Emotional activities for the week

- ☐ Journal
- ☐ Listen to favorite music
- ☐ Spend time with family/friends
- ☐ Practice meditation
- ☐ Do something fun

List other wellbeing activities for the week

- ☐
- ☐
- ☐
- ☐
- ☐



Section 5

ACTION STEPS

In this section, think about the activities that would fit into any three different areas of your life, where you would like to introduce wellness.

Some suggestions have been added for you.

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After Work e.g. Have a bath and light a candle.

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Work e.g. Walk outside at lunchtime.

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Weekends e.g. Spend time in nature with friends.

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About THE AUTHOR

In 2023, I established Life Given with the intention of helping people discover their direction in life and set meaningful goals so that they could lead a purposeful life. My passion lies in working with individuals from all walks of life. Many of those I collaborate with often encounter crossroads in their lives and turn to me for support in moving forward. I gain immense satisfaction from helping people focus on the present and assisting them in charting their course for the future.



I've spent a lot of time over the years, deciding how to best achieve balance and wellness in my life. I work on this everyday. Some days are great and others are a work in progress. I hope this workbook helps you with your wellness journey.

Be gentle with yourself.

Aisling

DO YOU NEED
MORE HELP?

VISIT THE WEBSITE
SCHEDULE A CALL



aising@lifegivenwellbeing.com
lifegivenwellbeing.com