

MONTHLY REVIEW

WHICH WELLNESS DIMENSIONS DID YOU FOCUS ON?

PHYSICAL, SPIRITUAL, FINANCIAL, INTELLECTUAL, SOCIAL, EMOTIONAL, OCCUPATIONAL, ENVIRONMENTAL

WHAT WERE YOUR BIGGEST WINS?

I managed to go on daily walks to help me stay physically active.
I meditated every morning in the garden.
I've managed to stick to my monthly budget.



HOW ARE YOU DOING IN EACH OF THE WELLNESS DIMENSIONS?
Rate your progress in each dimension from 1 (a little) to 10 (a lot).



WHAT WORKED WELL FOR YOUR OVERALL WELLBEING?

Taking the time to focus and meditate every morning helped me start each day positively. Following a monthly budget also felt great because I knew this I was being accountable and saving for the future.



WHAT DIDN'T WORK? WHY?

I definitely used the month I did not cut all the stress out of my life, but I found some relaxation techniques for dealing with it. One of those is regular physical activity and long daily walks I feel so much better already. I improved in all 8 wellness dimensions where I've struggled the most.

HOW DO YOU FEEL ABOUT YOUR PROGRESS OVERALL?



WHAT ARE YOU LOOKING FORWARD TO NEXT MONTH?

MONTHLY REVIEW
Reflect on your progress regularly.

MONTHLY PLAN
Plan your wellness routine ahead of time.

8 MONTH & YEAR September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	PLAN ABILITY TO ADAPT
4 Meal prep	5 2 pm Dance	6 Hoga	7 Hoga				
11 Gym Meal prep	12 Family brunch	13 Gym	14 3 pm Dancers				GOALS TO UPDATE
18 Hoga Meal prep	19 Hoga	20 12 pm Photography class	21 Running club				THOUGHTS TO ADJUST
25 11 am Pilates class Meal prep	26 Running club	27 Gym	28 Hoga		29 Spa with Kelly		PLACES TO GO Lullington Park
2 Meal prep	3 Hoga	4 Hoga	5 Hoga	6 Running club	7 Gym	8 Spa with Kelly	PEOPLE TO SEE My grandparents

MOST IMPORTANT WELLNESS GOALS THIS MONTH

Exercise 3 times a week



Get my grandparents

Meditate daily

Start a gratitude journal

MOST IMPORTANT WELLNESS GOALS THIS MONTH

Make a monthly budget



Organize a team brunch



Read a book on history

Declutter my office at home

Wellness Planner Manual

**American College of Sports
Medicine, Mary Sanders**



Wellness Planner Manual:

5500 Preparer's Manual for 2021 Plan Years Fisher, Andersen, ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription David P. Swain,ACSM,Clinton A. Brawner,2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM s Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training

Clinician's Handbook of Adult Behavioral Assessment Michel Hersen,2011-04-28 Given the vast amount of research related to behavioral assessment it is difficult for clinicians to keep abreast of new developments In recent years there have been advances in assessment case conceptualization treatment planning treatment strategies for specific disorders and considerations of new ethical and legal issues Keeping track of advances requires monitoring diverse resources limited to specific disorders many of which are theoretical rather than practical or that offer clinical advice without providing the evidence base for treatment recommendations This handbook was created to fill this gap summarizing critical information for adult behavioral assessment The Clinician s Handbook of Adult Behavioral Assessment provides a single source for understanding new developments in this field cutting across strategies techniques and disorders Assessment strategies are presented in context with the research behind those strategies along with discussions of clinical utility and how assessment and conceptualization fit in with treatment planning The volume is organized in three sections beginning with general issues followed by evaluations of specific disorders and problems and closing with special issues To ensure cross chapter consistency in the coverage of disorders these chapters are formatted to contain an introduction assessment strategies research basis clinical utility conceptualization and treatment planning a case study and summary Special issue coverage includes computerized assessment evaluating older adults behavioral neuropsychology ethical legal issues work related issues and value change in adults with acquired disabilities Suitable for beginning and established clinicians in practice this handbook will provide a ready reference toward effective adult behavioral assessment

Developing Teachers and Developing Schools in Changing Contexts Zijian Li,Ling-po Shiu,2008 More than ever schools are regarded as a learning community in which its leaders and therefore the school s primary agents of change are expected to stay abreast of the latest developments in education and instruction This book provides important insights for improving professional development activities school university partnerships and networks educational management as well as teaching and learning in schools and colleges It builds on research conducted in the 1990s during which the pursuit of school improvement and skill development first converged

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Press that is both a support group participant's manual and self study guide for care partners who have a loved one with Alzheimer's disease or another form of dementia. Its ten concise lessons not only walk you through the types, brain biology and progressive symptoms of dementia but also offer practical tips for managing behaviors, coping with emotional issues, prioritizing self care and planning ahead, everything from diagnosis to end of life. If you are a medical, mental health or other healthcare professional wanting to lead a support group for dementia care partners or a layperson with a heart for those on the journey, *A Leader's Manual for Dementia Care Partner Support Groups* is the comprehensive resource you need. The Manual provides general information about establishing and leading support groups, counseling skills for leaders and co-leaders, how to handle challenging group participants, step by step instructions on how to run each of the ten individual weekly meetings, including meeting specific handouts and lots of practical advice from co-authors Dr. Edward Shaw, physician, mental health counselor and former dementia care partner, and Dr. Alan Wolfelt, world renowned thanatologist, grief counselor and author. The handouts and worksheets are number coded for easy cross referencing with the content of *The Dementia Care Partner's Workbook*.

A Curriculum Design Manual for Theological Education LeRoy Ford, 2003-02-26

Features of *A Curriculum Design Manual for Theological Education: A Learning Outcomes Focus* by LeRoy Ford

Fifteen complete descriptions for courses in various disciplines of theological education. All descriptions are in the learning outcomes format. A complete set of goals and objectives upon which each chapter is based. These statements, when combined with the goals and objectives for the manual itself, constitute a complete description for a course in Curriculum Design in Theological Education.

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The essentials of a core curriculum.

Glossary of terms used in curriculum design.

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