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FEB

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works for you

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single-tasking

APR

Document and
celebrate
small wins

MAY

Cut negative
self-talk

JUN

Learn to
say "No"

JUL

Document and
celebrate
small wins

AUG

Fuel your body
with wholesome
food

SEP

Find your passion
and work on it

OCT

Take regular
days off social
media

NOV

Engage in mood-
lifting exercises

DEC

Review your
change and
growth

Wellness Planner Ideas

**Tina H. Boogren, Timothy D.
Kanold, Jasmine K. Kullar**



Wellness Planner Ideas:

Educator Wellness Plan Book Tina H. Boogren, Timothy D. Kanold, Jasmine K. Kullar, 2023-06-06 Educators daily stressors can easily accumulate without intentional wellness actions in place Designed as both a plan book and journal this companion resource to Educator Wellness A Guide for Sustaining Physical Mental Emotional and Social Well Being offers inspirational practical weekly routines and reflections for teachers committed to improving their wellness practices throughout the school year Use this plan book and journal to Commit to practices that encourage well being in each of the four dimensions physical mental emotional and social Organize your thoughts collect data on your current habits and reflect on areas to improve with 46 field tested tools Monitor your progress on each month s wellness goal and set intentions to encourage long term maintenance of positive habits Contents Part 1 About This Plan Book and Journal Part 2 Summer A Season of Renewal Part 3 Fall A Season of Opportunity Part 4 Winter A Season of Perseverance Part 5 Spring A Season of Transition Appendix Journal Tools References and Resources Index

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14 Days to Wellness Donald Ardell, Donald B. Ardell, 1999 Drawn from the author s 20 years of experience promoting wellness worldwide this two week program features 14 steps that take only 20 minutes to complete but make for a lifetime of physical emotional and mental wellness

14 Days to a Wellness Lifestyle Donald B. Ardell, 1982 Abstract A systematic approach to good health focuses on providing information and motivation Exercises and checklists encourage participation The wellness lifestyle is based upon self responsibility nutritional awareness physical fitness stress management and environmental sensitivity Topics include perspectives on the medical system hazardous cultural norms creating a healthy self image self responsibility and physical fitness A lesson on eating for performance encourages the use of fruits vegetables and whole grains Salt refined sugars caffeine soft drinks and alcohol are not positive foods in a wellness supportive environment Successful wellness programs from around the US are described An annotated list of recommended readings is included a list of music recommended to

accompany the program also is included rkm **Dwelling Well** Melissa Michaels,2020-01-07 Live a Different Story This Year Do you desire to do immeasurable good for yourself your home and others but find it difficult to maintain daily habits that help you accomplish your goals Here is your invitation to explore simple and practical ways to improve your well being every day Each month you will be inspired to set a plan of action using the calendar pages reflect daily on the special moments you are grateful for and journal your thoughts using guided prompts Dwell on blessings throughout your year and discover how the positive mind set you re cultivating will create lasting change in your home and body You will become more mindful of and thankful for your time your life and your healthy choices This journal is designed to be flexible customizable and personal It can be used together with Melissa Michaels book Dwelling or on its own Let it be your companion on this journey This is your story and your life savor it celebrate it and nourish it Ultimate Entrepreneur's Success Planner:

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