

2021

WELLNESS PLANNER

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JAN

Set ambitious
but attainable
yearly goals

FEB

Find the self-
care routine that
works for you

MAR

Practice
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

Marcel A. Müller



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 **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: All-In-One Business Builder Destini Taylor,2025-05-12 This isn't just a planner it's your business mindset and vision finally working in alignment The Ultimate Entrepreneur's Success Planner is an all in one digital business builder designed for coaches creators and visionaries Inside you'll find vision mapping content planning goal tracking mindset prompts and strategy space all crafted for soulful entrepreneurs who want to scale without burnout Includes interactive hyperlinks and is fully compatible with GoodNotes for digital ease Whether you're launching your first offer or restructuring your systems this planner helps you stay focused aligned and intentional Start building the business that aligns with your energy not just your to do list Want more tools to support your vision Subscribe at DestiniUnfiltered.com for access to complimentary resources printable games and soul led success tools designed to help you grow with clarity and confidence *The Health Care System and Drug Abuse Prevention* ,1981 [Narratives of Wellbeing](#) Tarryn

Phillips,Natalie Araújo,Timothy Willem Jones,John Taylor,2024-06-25 This book critically interrogates wellbeing a concept that is exploding in popularity across the globe The collection of essays asks not only how wellbeing can be defined and measured but what is created and excluded in the process of striving for and articulating wellbeing The editors propose a narrative framework as a novel and insightful lens through which to analyse wellbeing and understand how the good life is sought experienced and talked about With case studies from around the world the contributions explore the tensions and overlaps between various scripts about what it means to live well historically socially culturally economically and spiritually The collection brings together a rich array of disciplinary perspectives including sociology politics anthropology history indigenous studies religious studies development studies paediatric medicine and gender and sexuality studies The diversity of chapters make the book accessible and appealing not only to scholars and students of wellbeing in the health and social science disciplines but also to a broader public readership intrigued by the rise and impact of a buzzword *Absolutely Everyone Needs a Plan* Dr. John Schlife, PhD,2022-08-01 Dr Schlife developed the first wellness program in family medicine in Salina Kansas in 1971 He went on to develop programs in Alaska and Michigan The Meal Planner has evolved over a thirty

five year period as the nutrition component of this lifestyle plan Dr Schlife learned from his patients what worked
aEURoeEveryone Needs a PlanEUR was part of the cutting edge thirty five years ago and it still is today The plan also
includes over 400 kid tested healthy recipes **365 Days 365 Stories** Rabia Patel,2022-05-11 365 Days 365 Stories is a
compilation of stories of different women from various strata of society who have overcome difficulties and challenges and
set a vision for other women to follow Women contribute tirelessly to day to day mundane activities to empower the society
as a whole Some work relentlessly to ensure the growth of the community and mentor others to overcome similar adversities
This book is nothing short of Success Stories but a mini version to celebrate these lovely women on a broader platform It
helps us determine that nothing can stop a woman who decides to change her life What doesn t break her only makes her
stronger and wiser

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