



# WELLNESS WORKBOOK

Your personal wellness is central to your over all health and well-being. It determines your quality of life and even how far you will go in this life! Use this workbook to create a Wellness Plan with the best practices for your lifestly. After all, you only get one chance to live a life you love!

BY EMILY WALSH RIBEIRO



# *Introduction*

# WHAT IS WELLNESS



Wellness is a holistic approach to living the best life you can. By creating a routine that is designed to optimize your natural well-being, you can enjoy your life to the fullest, often without any intervention necessary!

Wellness encompasses many different factors like fitness, nutrition, mindfulness, hydration, sleep and even your hobbies, recreation and your BIG life goals.

“Your body holds deep wisdom. Trust in it. Learn from it. Nourish it. Watch your life transform and be healthy.”

– Bella Bleue

# About THE AUTHOR

Emily is a Yoga Health Coach and published author, with over 5000 yoga classes taught, and has impacted the lives of over 15,000 students. For almost a decade, she's taught at several of the most popular and respected Yoga Studios and Schools in Orlando. She has several books and courses published on Yoga, Nutrition and Mindfulness.



Emily grew up in sub-rural Florida where she spent most of her time out in nature. Her fondest childhood memories are exploring the river with her dog in her rowboat looking for treasure. Now she lives in Winter Park, Florida with her husband, 2 teens, and 2 cats. In their spare time they enjoy exploring the rivers and springs, freediving, and jeep trail riding.

Her own healing journey inspired her to learn, heal, and grow, and she is called to help others along the way.

DO YOU NEED  
MORE HELP?

SCHEDULE A CALL



[emily@bzenyoga.com](mailto:emily@bzenyoga.com)

[www.bZenYoga.com](http://www.bZenYoga.com)

# Section 1

## SETTING YOUR GOALS

What are YOUR personal Wellness Goals? Are you are looking for physical outcomes like weight loss, or blood pressure stabilization? Or do you want to see mental outcomes like less anxiety, and enjoying your family more?

Write down your short term, mid term, and long term goals here.

### 2 MONTHS.....

ACTION PLAN

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### 6 MONTHS.....

ACTION PLAN

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### 12 MONTHS.....

ACTION PLAN

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# Section 2

## LET'S ASSESS

Now let's take a look at where you are currently. Take a moment to think about it and fill out the following questions honestly. Then reflect on what areas you are really good at, and what areas you can use some improvement.

How will you rate the following					
PHYSICAL		Never	Rarely	Sometimes	Always
	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 eat nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I drink 100 ounces of water each day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
EMOTIONAL		Never	Rarely	Sometimes	Always
	I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I am able to cope when stressed	<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"/>
	I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Section 3

## PLANNING AHEAD

Consider both your goals and your self-assessment. What changes could you make to move from where you are now to where you want to be? What are some steps you could take to get you closer to your goals?



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# Section 4

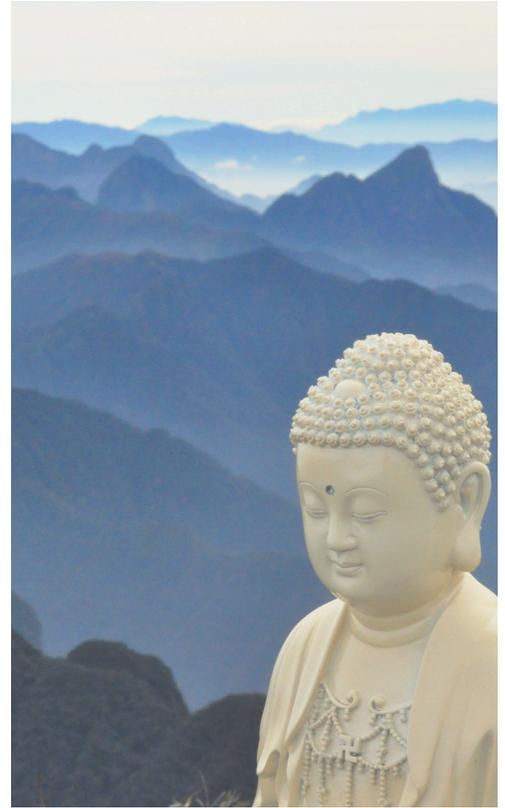
## CHECKLIST

### Physical activities for the week

- Exercise daily
- Eat healthy food and snacks
- Get 8 hours of sleep per night
- Practice Meditation
- Drink more water

### Emotional activities for the week

- Journal
- Listen to favorite music
- Spend time with family/friends
- Spend time in nature
- Do something fun



Here are the basic most practical steps you can take to work on your well-being.

Each of these should be incorporated in your Wellness Plan.

Set an alarm on your phone if you need help remembering.



# Section 5

## ACTION STEPS

Take a moment to dive in a little deeper and think of actions steps you could take that are more specific to your lifestyle.

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How could your physical fitness be more well rounded and consistent?

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2

What are 3 small changes that would make your nutrition more complete?

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3

How do you make time to enjoy life, and what are more ways you could?

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