



● YOUR WELLNESS ●
● JOURNEY ●



Your Wellness Journey

Our wellness framework aims to create a comprehensive picture of your wellness journey. Your journey is as unique as you are!



Keys to Wellness

This guide will help you explore current and desired practices for each of the six wellness keys:

- **Self**
 - Physical
 - Emotional
- **Love**
 - Spiritual
 - Social
- **Reveal**
 - Explore
 - Restore



SELF

The petal in the center represents the mind-body connection represents the mind-body connection through physical and emotional wellness. The labyrinth inside of the petal represents your unique wellness journey.

LOVE

The second layer of petals represents the capacity to experience love and share love with others through spiritual and social wellness.

REVEAL

The third layer of petals represents the capacity to reveal the world to yourself through exploration, and sustain your personal and professional roles through restorative practices.

SELF

Physical



Caring for your physical health (nutrition, hydration, sleep, using health services and following treatment regiments)

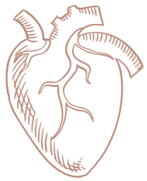
Emotional



Being aware of your thoughts, expressing your feelings, attending to your emotional needs (meditation, journaling, taking deep breaths, talking to a therapist)

SELF

Physical



Current practices:

Desired practices:

Emotional



Current practices:

Desired practices:

LOVE

Spiritual



Fostering a sense of meaning and purpose in your life that extends beyond yourself (e.g., spending time in nature, expressing gratitude, practicing a faith or belief)

Social



Honoring personal boundaries and accessing social support by engaging in nurturing relationships (time with loved ones, healthy communication)

LOVE

Spiritual



Current practices:

Desired practices:

Social

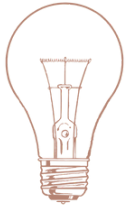


Current practices:

Desired practices:

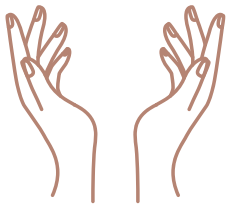
REVEAL

Explore



Embracing lifelong learning and a spirit of adventure, engaging in hobbies, and gaining new skills (e.g., classes, books, podcasts, videos, visiting museums, attending cultural events)

Restore



Engage in restorative practices to sustain personal and professional roles (advocating for your needs, taking breaks, pacing yourself, managing your energy)

REVEAL

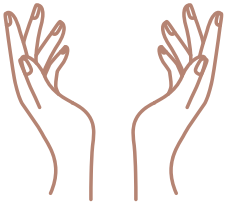
Explore



Current practices:

Desired practices:

Restore



Current practices:

Desired practices:



Our wellness framework aims to create a comprehensive picture of your wellness journey. Your journey is as unique as you are!

SELF

The petal in the center of our logo represents the mind-body connection through **physical** and **emotional** wellness. The labyrinth inside of the petal represents your unique wellness journey.

LOVE

The second layer of petals represents the capacity to experience love and share love with others through **spiritual** and **social** wellness.

REVEAL

The third layer of petals represents the capacity to reveal the world to yourself through **exploration**, and sustain your personal and professional roles through **restorative** practices.



Physical: Caring for your physical health (nutrition, hydration, sleep, using health services and following treatment regiments)



Emotional: Being aware of your thoughts, expressing your feelings, attending to your emotional needs (meditation, journaling, taking deep breaths, talking to a therapist)



Spiritual: Fostering a sense of meaning and purpose in your life that extends beyond yourself (e.g., spending time in nature, expressing gratitude, practicing a faith or belief)



Social: Honoring personal boundaries and accessing social support by engaging in nurturing relationships (time with loved ones, healthy communication)



Explore: Embracing lifelong learning and a spirit of adventure, engaging in hobbies, and gaining new skills (e.g., classes, books, podcasts, videos, visiting museums, attending cultural events)



Restore: Engage in restorative practices to sustain personal and professional roles (advocating for your needs, taking breaks, pacing yourself, managing your energy)

WELLNESS INVENTORY



Rate your current and desired practices for each key to wellness from 1-10.

- 1: I don't currently engage in any practices in this area
- 10: I have a strong wellness practice in this area

Notes: Observations or examples of desired practices

- Example (Physical): Turn off all screens at 9pm to get at least 7 hours of sleep
- Example (Emotional): Reflect on what I need when I am feeling stressed

	Key of Wellness	Current (1-10)	Desired (1-10)	Notes
Self	Physical			
	Emotional			
Love	Spiritual			
	Social			
Reveal	Explore			
	Restore			

ACTION PLAN

.....

Fill out the table below to create a realistic and sustainable action plan

The key of wellness I want to address is...	
My desired practice is...	
This practice will benefit me by...	
A very doable, realistic first step would be to...	
Resources I will utilize for support include...	
I will protect time for this practice by...	
When I face an obstacle, I will...	
I will reward myself by...	
I will be accountable to...	

WELLNESS TRACKER

This activity is designed to create awareness about the activities you currently engage in that contribute to your overall well-being. You may find that one or more are addressed by activities you currently practice in your life. The goal is to learn more about your current approach and identify the areas of wellness and activities you find most beneficial.

Document your wellness-related activities for the next week. Identify the areas of wellness addressed by each activity, the days on which you engaged in the activity, and any observations you had.

Wellness Keys	List one wellness practice you are doing this week	How often did you engage in this practice this week?	Observations <i>Did you enjoy this? What were the benefits? How often do you want to do this moving forward?</i>
Physical			
Emotional			
Spiritual			
Social			
Explore			
Restore			

NOTES



NOTES



EMPOWERED TO EXHALE, LLC
WWW.EMPOWEREDTOEXHALE.COM