



Begin Again

Workshop 3:

Health and Well-being Wellness Goal-setting Workbook

The Series



01

Pre-work

02

Reflect &
Release

03

Growth
Mindset

04

Health & Well-
being

05

Financial
Foresight

06

Connection &
Community

07

End &
Begin



Introduction

Begin Again is a series of 6 short workshops (micro-workshops) that you can use any time you want to restart after a transition in your life. Whether it is the beginning of the year, the month, the week, or the day, you can start all over. Whether you need a little tweaking on goals you already have, but lost traction on or you need to start from scratch, these short workshops can give you a boost.



How much time will it take?

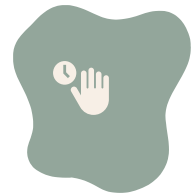
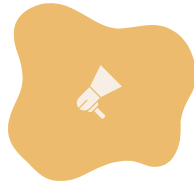


Micro-sized

These are not full workshops that go in-depth, but micro-workshops that will only take about an hour each.

Results?

As with most things, the more you put into it, the more you get out of it.



Resources?

Meditations, worksheets, exercises, activities...yes, there are resources.

Do them all?



You can. Or not.
They don't build on each other.
Each workshop is stand-alone.



What's Included?



Pre-workshop Preparation for thinking about what you want.

Workshop 1: Reflect and Release to consider what was and release any negative emotions or setbacks.

Workshop 2: Building a Growth Mindset to foster ways of thinking that support your growth and resilience.

Workshop 3: Health and Well-being Reset for setting physical and emotional wellbeing goals.

Workshop 4: Financial Foresight to develop a financial plan and set financial goals.

Workshop 5: Creating Connection and Community to set goals for your relationships and community involvement.

Workshop 6: Closing to bring the series to an end with a ritual.



What's the Catch?



01

No catch.
These
workshops are
a gift.

02

Modify as you
would **like**.

03



Share **widely**..

Send feedback if it occurs to you:

luann@luanncollins.com.

Workshop 3:

Health & well-being



01

Objective: Kickstart a healthy start to the year focusing on body and wellness

03

Output: a 4-week personal wellness plan.

02

Activities: At-home workout plans, nutrition tips, and a wellness goal-setting activity.



Wellness Goal-Setting Workbook



Workbook Sections 1. Personal Reflection Pages

Current Wellness Evaluation: Use prompts to evaluate areas of satisfaction and those needing improvement.



Nutrition and Eating Habits:

- Reflect on your eating habits. Are you satisfied with the variety and quality of foods you consume? What adjustments could enhance your nutrition?



Wellness Goal-Setting Workbook



Mental and Emotional Well-being:

- Consider your stress levels and emotional health. What practices support your emotional balance, and what areas need more attention or coping strategies?



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Sleep and Rest:

- How would you rate the quality and quantity of your sleep?
What changes can you implement to ensure better rest and rejuvenation?



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Work-Life Balance:

- Evaluate your balance between professional responsibilities and personal life. Are there boundaries you need to establish to improve this balance?



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Personal Growth and Learning:

- Are you satisfied with your opportunities for personal development? What goals or learning experiences can help you grow further?



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Social Connections and Relationships:

- Reflect on the strength and quality of your relationships. What steps can you take to nurture and enhance these connections?



Wellness Goal-Setting Workbook



Spirituality and Inner Peace:

- How do you connect with your spiritual side or find inner peace? Identify practices that bring you serenity and how you can incorporate them more into your life.



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Financial Wellness:

- Are you content with your current financial management and goals? What strategies can you employ to strengthen your financial health?



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Recreation and Leisure:

- Consider how often you engage in activities that bring you joy and relaxation. How can you prioritize hobbies or leisure activities to enrich your life?



Wellness Goal-Setting Workbook



Purpose: This workbook is designed to guide you through the goal-setting process and keep you accountable.

Workbook Section 2. Wellness Goals Worksheet

- SMART Goals Template:

- Specific: What exactly do you want to improve?
- Measurable: How will you track progress?
- Achievable: Is this a realistic goal?
- Relevant: Does it align with your values and larger life aims?
- Time-bound: What is your timeline?



Wellness Goal-Setting Workbook



Purpose: This workbook is designed to guide you through the goal-setting process and keep you accountable.

Workbook Sections 3. Action Plan Tracker

- Action Steps: List the specific actions needed for each goal.
- Deadlines and Resources: Note any deadlines and resources you'll need.



Wellness Goal-Setting Workbook



Purpose: This workbook is designed to guide you through the goal-setting process and keep you accountable.

Workbook Sections 4. Commitment Statement

- Personal Pledge: Write a pledge/commitment to keep yourself accountable.



Wellness Goal-Setting Workbook



Workbook Sections 5. Progress Tracking Sheets

- Weekly or monthly tracking sheets to evaluate progress, challenges encountered, and adjustments needed.
- Here's a suggested structure or design your own.

Spread Out Tasks: Enter data into the spreadsheet daily or weekly to maintain a routine without becoming overwhelmed.



Review & Reflect: Dedicate time at the end of each week and month to review entries, assess how you're feeling, and identify patterns.

Adjust Goals: Allow flexibility. If something isn't working, revisit and adjust your approach or goals as necessary.

Visual Aids: Utilize charts and graphs in your dashboard to visualize progress over time, providing motivation and insight at a glance.



Wellness Goal-Setting Workbook



Worksheet Tabs

1. Overview Dashboard:

- Summary of all wellness dimensions with key progress indicators.

2. Physical Health:

- Daily Exercise Log
- Weekly Physical Health Reflections
- Column headers: Date, Activity Type, Duration, Intensity, Notes on Physical Feelings

3. Nutrition:

- Weekly Meal Tracker
- Nutrition Reflections
- Column headers: Date, Meal Description, Nutrients Focus, Satisfaction Level, Changes for Next Week

4. Mental and Emotional Health:

- Mood and Stress Tracker
- Weekly Check-In
- Column headers: Date, Mood Rating, Stress Level, Triggers Identified, Coping Strategies Used

5. Sleep and Rest:

- Sleep Quality Log
- Daily Energy Insights
- Column headers: Date, Sleep Duration, Sleep Quality Rating, Waking Energy Levels, Adjustments Needed

6. Social and Relationships:

- Interaction Quality Log
- Weekly Social Reflection
- Column headers: Date, Interaction Type, Satisfaction Level, Existing Issues to Address, Strengths in Communication

7. Financial Wellness:

- Budget and Savings Tracker
- Monthly Goal Evaluation
- Column headers: Date, Income, Expenses, Savings Progress, Goals Met, Upcoming Financial Focus

8. Goals and Adjustments:

- Reflection and Goal Setting
- Monthly Evaluation
- Column headers: Goal Set, Progress Made, Challenges Faced, Adjustments Planned, Next Steps



Wellness Goal-Setting Workbook



Workbook Sections 6. Reflection and Adjustments

- Space for you to reflect on progress and adjust your plans as necessary.



Resource List for Wellness

1. Books:

- "The Miracle Morning" by Hal Elrod – A guide to transformative morning routines.
- "Atomic Habits" by James Clear – Strategies for building good habits.

2. Apps:

- [Headspace](#) or [Calm](#) for guided meditations.
- MyFitnessPal for nutrition and fitness tracking.

3. Websites and Online Communities:

- [MindBodyGreen](#) for comprehensive wellness articles.
- Local community groups or online forums for accountability partners.

4. Professional Guidance:

- Consult health professionals, coaches, or nutritionists for personalized guidance.



Journaling/Discussion

Questions for Health & Wellness Habits



Understanding Motivation:

- What has been the biggest motivating factor in your past efforts to pursue health and wellness? How can you harness that same motivation or adapt it for greater success?



Journaling/Discussion

Questions for Health & Wellness Habits



Overcoming Barriers:

- Reflect on a time when you faced significant obstacles in maintaining a wellness habit. What strategies can be drawn from those experiences to help overcome barriers in this new start?



Journaling/Discussion

Questions for Health & Wellness Habits



Cultivating Self-Compassion:

- How do your perceptions of success and failure affect your health and wellness goals? In what ways can self-compassion enhance your commitment to these habits in the long term?



Journaling/Discussion

Questions for Health & Wellness Habits



Aligning with Values:

- How do personal values guide your health and wellness choices, and how can aligning your new habits with these values lead to more sustainable lifestyle changes?



Journaling/Discussion

Questions for Health & Wellness Habits



Community and Support:

- Consider the role of community in supporting health and wellness pursuits. What steps can you take to foster a more supportive environment and encourage accountability and growth in this new start?



Thank you for your time...



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**For additional resources, please visit
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