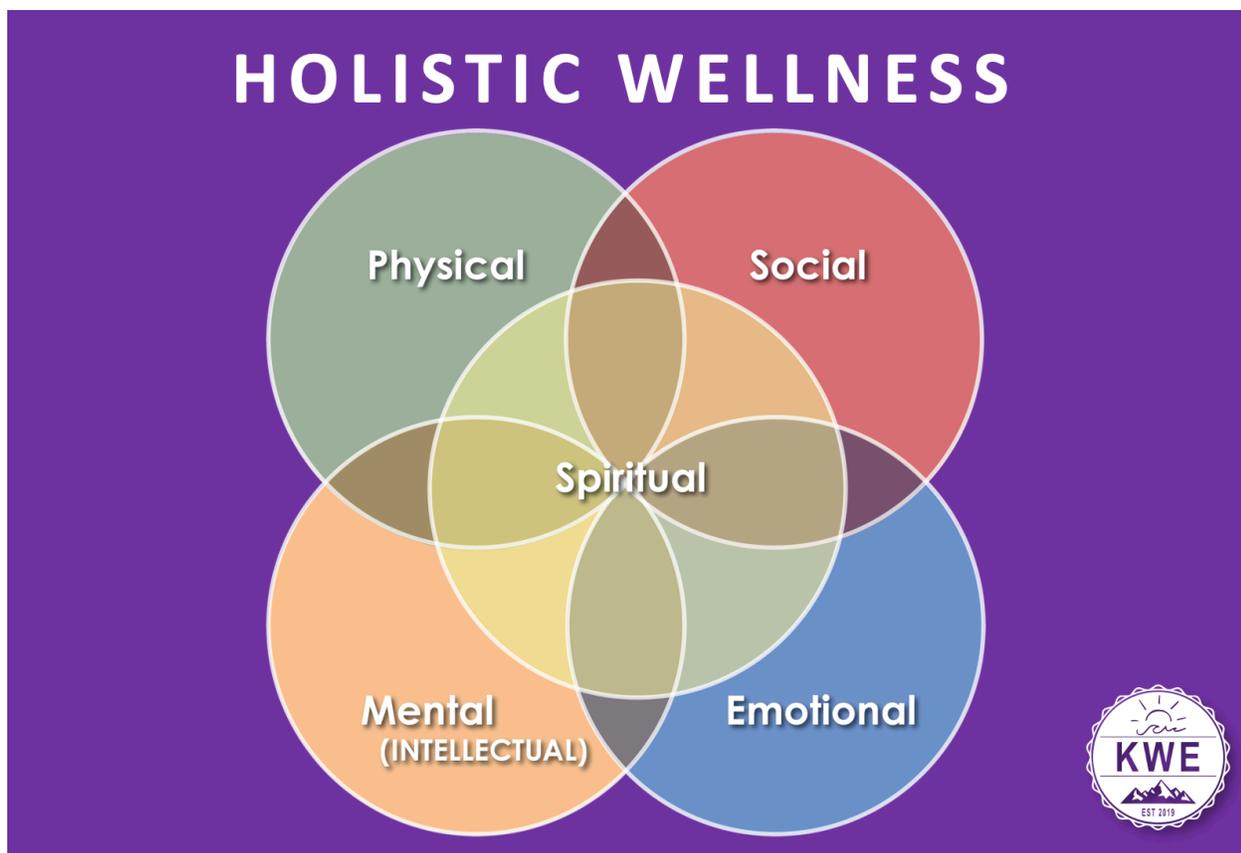


Holistic Wellness Plan

Considering each of the five dimensions of holistic health outlined in the diagram below, list one issue that is causing you distress for each dimension and a technique, tactic, or practice that you are working on to address that issue.

For example, if you are having trouble sleeping, you can list that under the mental dimension and try getting up early for the next one week. Over the next one week pay close attention to see if it is working or not. Another strategy could be meditating at night to relax your mind before going to sleep. Some strategies may take a while to show results, so give this time and be consistent.



If you don't have any issues in a particular dimension, simply explain why you feel you are doing so well in that dimension. Be careful, the only person that you are doing a disservice to is you, if you are not being truthful.

If you are making a true and mindful effort, there are no wrong answers. Keep in mind that this is your plan, so you should strive for authenticity and honesty.

Holistic Wellness Plan

You have the rest of your life to work on your holistic wellness and time is your friend. You will find strategies that work, while others may not. That is part of the journey.

Remember, pain is unavoidable, but suffering is optional!

This is the opportune moment for you to start living a life that:

Maximizes joy while minimizing suffering!

Physical:

List one issue you may be dealing with in this dimension, try a strategy over the next week to address the issue and let me know if it is working or not.

Emotional:

List one issue you may be dealing with in this dimension, try a strategy over the next week to address the issue and let me know if it is working or not.

Mental:

List one issue you may be dealing with in this dimension, try a strategy over the next week to address the issue and let me know if it is working or not.

Holistic Wellness Plan

Social:

List one issue you may be dealing with in this dimension, try a strategy over the next week to address the issue and let me know if it is working or not.

Spiritual (Optional):

List one issue you may be dealing with in this dimension, try a strategy over the next week to address the issue and let me know if it is working or not.

Using the plan after the workshop:

As you may be thinking, some of us may have a few more issues than just one, in one or multiple dimensions. The design of this plan anticipates that possibility.

If you have more than one issue affecting you in any dimension, add it to your plan along with a strategy, after you feel you are making progress on your first issue. Just like anything in life, if we take on too much, we may be overwhelmed. So, give yourself time and grace. Do a little at a time and be mindful of the lessons that may be hiding in plain sight.