



Wishing Well Works  
CORPORATE WELLNESS



*WEEK 5*

# SERIOUS SELF-CARE WORKBOOK

CREATING  
HABITS FOR A  
SUCCESSFUL LIFE





# LIFE GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY/ PHYSICAL HEALTH</i>			
<i>MENTAL HEALTH AND/OR SPIRITUALITY</i>			
<i>FINANCIAL</i>			



# FINDING YOUR WHY

## UNDERSTANDING YOUR GOALS

WITHOUT KNOWING YOUR MOTIVE AND WHY YOU DESIRE TO ACHIEVE YOUR GOAL, IT WILL BE EXTREMELY HARD TO EVER ACCOMPLISH IT. REALLY TAKE TIME WITH EACH OF YOUR GOALS AND DIG DEEP TO THE CORE OF WHY IT IS IMPORTANT TO YOU! WHAT WILL IT GIVE YOU? A FEELING? AN ABILITY? FREEDOM? OFTEN TIMES, GOALS THAT ARE VERY IMPORTANT TO US HAVE CONNECTION TO OUR AUTHENTIC PURPOSE AND ARE IMPORTANT TO OUR INNER CHILD.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



# SETTING SMART

# GOALS

THE MORE CLARITY YOU HAVE WHEN YOU SET A GOAL, THE CLEARER YOUR ROAD MAP WILL BE TO GETTING THERE. USE THIS STRUCTURE TO SET SMART GOALS FOR EACH OF YOUR GOALS ON THE PREVIOUS PAGE.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	

WHAT HAS BEEN A BARRIER TO ACHIEVING THIS IN THE PAST?

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## ACTION

# BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS. WHAT HAS GOTTEN IN YOUR WAY IN THE PAST?

MY GOAL:

STOP  
DOING

DO  
LESS OF

KEEP  
DOING

DO  
MORE OF

START  
DOING



DAILY

# INTENSIONS

START YOUR DAY WITH THE RIGHT MINDSET BY SETTING YOUR INTENTIONS FOR THE DAY.

DAILY AFFIRMATIONS

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TODAY I AM GRATEFUL FOR

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TODAY IT IS MY INTENTION TO:

01

02

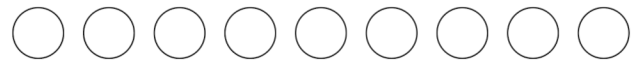
03

SCHEDULE


WATER



SLEEP



MOOD



NOTES

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# CONTROLLING YOUR ENVIRONMENT

TAKE CONTROL OF YOUR LIFE BY LOOKING AT YOUR HABITS IN THE 3 CATEGORIES BELOW.

MIND	WHAT ARE YOU FEEDING YOUR MIND? WHAT IS YOUR MEDIA DIET LIKE?	HOW CAN YOU IMPROVE WHAT YOU FEED YOUR MIND?
SPACE	WHO DO YOU SPEND TIME WITH? ARE THEY UPLIFTING YOUR SPACE?	HOW CAN YOU MAKE IMPROVEMENTS TO YOUR SPACE AND THOSE YOU SURROUND YOURSELF WITH?
TIME	HOW ARE YOU SPENDING YOUR TIME? IS IT A PRODUCTIVE USE?	HOW CAN YOU USE YOUR TIME MORE WISELY?

## 2 STEP

# VISUALIZATION

STEP ONE

VISUALIZE WHAT LIFE LOOKS LIKE AND HOW YOU'RE GOING TO FEEL ABOUT YOURSELF WHEN EACH SPECIFIC GOAL IS MET.

STEP TWO

CONSCIOUSLY THINK OF POSITIVE EMOTIONS YOU'LL FEEL AND ACTIONS YOU'LL TAKE DURING YOUR PROCESS OF WORKING TOWARD YOUR GOAL.

