

2021

WELLNESS PLANNER

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JAN

Set ambitious
but attainable
yearly goals

FEB

Find the self-
care routine that
works for you

MAR

Practice
single-tasking

APR

Document and
celebrate
small wins

MAY

Cut negative
self-talk

JUN

Learn to
say "No"

JUL

Document and
celebrate
small wins

AUG

Fuel your body
with wholesome
food

SEP

Find your passion
and work on it

OCT

Take regular
days off social
media

NOV

Engage in mood-
lifting exercises

DEC

Review your
change and
growth

Wellness Planner Ideas

Marcel A. Müller



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14 Days to Wellness Donald Ardell, Donald B. Ardell, 1999 Drawn from the author's 20 years of experience promoting wellness worldwide this two week program features 14 steps that take only 20 minutes to complete but make for a lifetime of physical emotional and mental wellness 14 Days to a Wellness Lifestyle Donald B. Ardell, 1982 Abstract A systematic approach to good health focuses on providing information and motivation Exercises and checklists encourage participation The wellness lifestyle is based upon self responsibility nutritional awareness physical fitness stress management and environmental sensitivity Topics include perspectives on the medical system hazardous cultural norms creating a healthy self image self responsibility and physical fitness A lesson on eating for performance encourages the use of fruits vegetables and whole grains Salt refined sugars caffeine soft drinks and alcohol are not positive foods in a wellness supportive environment Successful wellness programs from around the US are described An annotated list of recommended readings is included a list of music recommended to accompany the program also is included rkm

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A Solo Journey Towards AI Income - Small

Budget, Big Spirit Iema Rahman, 2025-07-21 You Don't Need a Big Budget to Begin Just a Brave First Step This is not a book about overnight success or million dollar launches It's a guide for everyday dreamers side hustlers and self starters who are curious about turning today's AI tools into real practical income without needing to be tech savvy or have it all figured out Written by someone who started with little more than determination and a tight budget A Solo Journey Towards AI Income walks you through simple flexible ways to build digital income streams using free tools AI prompts and your own unique voice Whether you're a stay at home parent freelancer or someone navigating career changes this book is filled with encouragement honest lessons and actionable steps to help you earn while growing at your own pace Because this journey isn't just about income it's about self trust creativity and reclaiming your time

Focus on Federal Employee Health and

Assistance Programs ,1995 *Secrets of a Kosher Girl* Beth Warren, MS, RDN, CDN,2018-06-25 *Secrets of a Kosher Girl* integrates the ancient principles of a kosher diet and lifestyle with proven weight loss strategies emphasizing whole foods or clean eating This easy to follow 21 day diet and exercise plan results in an average loss of 6 to 11 pounds and improvements in mood muscle mass and energy along with cholesterol and blood sugar levels Beth lost weight on her proven program and shows how you can too First you ll discover how to prepare your mind body and pantry to follow the diet successfully and how it s important to have the strong discipline and intuitive eating techniques inherent in a kosher diet to condition your mind Next Beth explains how physical activity is not only important to health and weight loss but how this concept has been around since biblical times Last Beth provides everything you need to start the program 21 days of meal plans recipes and daily fitness goals with motivational quotes to inspire you along the way Lose weight the kosher way **365 Days 365 Stories** Rabia Patel,2022-05-11 365 Days 365 Stories is a compilation of stories of different women from various strata of society who have overcome difficulties and challenges and set a vision for other women to follow Women contribute tirelessly to day to day mundane activities to empower the society as a whole Some work relentlessly to ensure the growth of the community and mentor others to overcome similar adversities This book is nothing short of Success Stories but a mini version to celebrate these lovely women on a broader platform It helps us determine that nothing can stop a woman who decides to change her life What doesn t break her only makes her stronger and wiser **The Ultimate Wellness Planner** Rasheda Weaver,2019-04-15 The Ultimate Wellness Planner is over 230 pages long and includes a planner orientation page 1 wellness planning intentions sheet 1 self care tip sheet 12 monthly wellness planning sheets for documenting your wellness goals and activities 12 end of the month check in pages inspirational wellness quotes throughout the planner for encouragement 31 daily wellness planning entries per month that revolve around core areas of self care and that also provide a space for recording gratitude and 3 note pages to record thoughts and ideas **Fitness and Wellness Planner** FarOutandFabulous Planners,2019-10-04 Notebook to log your fitness plan and progress with pages for The Plan current and goal weight and measurements Two Journal pages to add your own positive affirmations Two pages for each week to log your Weekly Activities and Food Fuel for Your Body Progress page and a Penny For Your Thoughts page every 4 weeks Additional Notes pages at end 128 pages 8 5 x 11 Glossy paperback cover **Good Housekeeping** ,2009 **American Journal of Health Planning** ,1976 **Wellness Journal** Paul Berger,2020-03-23 The ultimate book for planning your daily life with pages consisting of neutral wide ruled paper with a line at the top for date Get Your Copy Today Relevant Subjects Wellness Log Daily Wellness Daily Wellness Log Daily Wellness Planner Daily Wellness Logbook Daily Wellness Notebook Daily Wellness Journal Wellness Planner Wellness Logbook Wellness Notebook Wellness Journal Caregiver Log Caregiver Journal Caregiver Planner Caregiver Notebook Caregiver Logbook Budget Planner Budget Log Budget Logbook Budget Journal Budget Notebook Family Budget Log Family Budget Logbook Family Budget Journal Family Budget Planner Family Budget

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