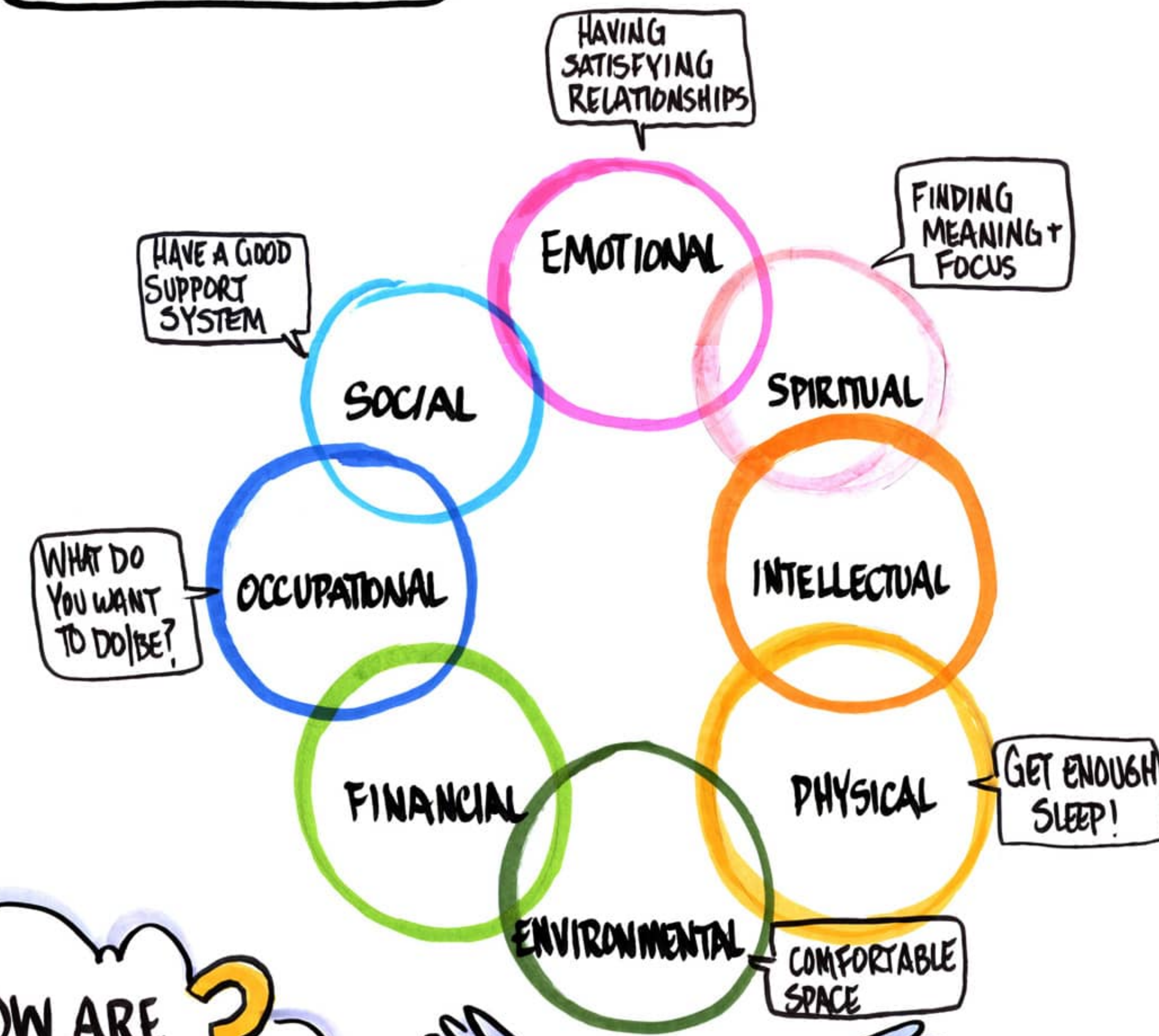


# WELLNESS and MINDFULNESS

MAKING ACTIVE CHOICES TOWARD A MORE SUCCESSFUL EXISTENCE



HOW ARE YOU DOING IN EACH DIMENSION?

## 8 DIMENSIONS OF WELLNESS

PICK ONE DIMENSION and ONE WAY TO IMPROVE

HOW CAN YOU IMPROVE YOUR WELLNESS?

THIS WEEK

### WHAT MAKES A GREAT STORY?

CONFLICT  
ENGAGING  
CHARACTERS



### WHAT STORIES DO YOU TELL YOURSELF?

WHAT DO STORIES DO FOR YOUR WELLNESS?

WILL I MAKE THE GRADE?  
AM I GOOD ENOUGH?  
SMART ENOUGH?

HOW CAN YOU REWRITE THIS STORY IN YOUR HEAD?

MINDFULNESS

AWARENESS OF YOUR PRESENT EXPERIENCE WITH ACCEPTANCE

KEEP A JOURNAL

WHAT STORIES DO YOU TELL THE world?

READING POETRY CAN BE AN EMOTIONAL EXERCISE

WALK THROUGH THE OTHER SIDE OF THE DOOR!

### WHAT STORIES DO YOU TELL others?

WHAT'S YOUR SUPER POWER?

ARE YOU A PEOPLE PERSON?

HOW DO YOUR STORIES INFLUENCE OTHERS?

HOW DO THEIR STORIES INFLUENCE YOU?