### Wellness Monitor: Weekly Wellness Planner

Suggestion: Plan your wellness week by selecting a variety of concepts for specific days.

#### Physical Wellness
- Fit and healthy bodies can come in many sizes
- The best way to keep your heart alive is to use it
- The best way to make exercise a lifelong habit is to select an activity that you enjoy
- Good nutrition does make a difference. Energize yourself by drinking lots of water
- It takes more than meals to feed your body

#### Intellectual Wellness
- Learn a new word and share what you learn with others
- Beat stress by exercising your brain
- Visit the library or an old museum
- Relax with a crossword puzzle or play a board game with your family
- Expand your horizons and be creative
- Be a careful decision maker

#### Emotional Wellness
- Fear not the future
- Find two positives for every negative
- Keep an attitude of gratitude
- A smile is an extremely powerful tool. Laugh at the little things
- Develop your inner resources and reward every effort

#### Environmental Wellness
- Improve the environment and recycle
- Set goals and results will materialize
- Everyday look for some pleasure in the workplace and savor those moments
- Save time by asking, Why?
- Establish a concern for others and a respect of the environment

#### Social Wellness
- Believe in yourself
- Learn from the past, plan for the future, and live in the present
- Give some tender loving care to somebody in need
- Participate in a walk for a good cause
- The possibilities for community service are endless

#### Spiritual Wellness
- Nurture your spiritual side
- Count your blessings, both big and small
- Access the wisdom within you
- Enhance your connection between your mind and body
- Discover the paradox of forgiveness

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Source: http://definitionofwellness.com/wellness-monitor/