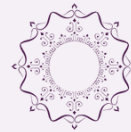


YOUR
**2023 WELLNESS
PLAN GUIDE**

PRIMING WELLNESS
THAT WORKS FOR YOU



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marshall**



WHAT'S A WELLNESS PLAN?

LET'S START WITH DEFINING WELLNESS:

"A PERSONAL JOURNEY TOWARDS
MENTAL, PHYSICAL, SOCIAL, AND
EMOTIONAL BETTERMENT OF LIFE"

(National Academy of Sports Medicine)

A wellness plan is a process-oriented roadmap of your personal, ongoing Wellness Journey.

It's goal is to give you direction and structure, but keep the focus on the process of caring for yourself, supporting integration of all you learn, and growing along the way.

WELLNESS IS AN OPEN-ENDED PROCESS

ONE THAT SUPPORTS YOUR GOALS (BUT DOESN'T REQUIRE THEM)

ONE THAT UNFOLDS AS YOU GROW & LEARN

THIS IS THE WORKBOOK TO HELP
GET YOU STARTED!



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A FEW CHALLENGES:

NEW YEARS RESOLUTIONS DO NOT WORK

We've all done it.
We all know it doesn't help.

BUT THE DESIRE TO CHANGE AT THE NEW YEAR MOTIVATES US!

So we want to harness this time without making the same mistakes?

RISE AND GRIND CULTURE HAS US ALL BURNT OUT

Many people are struggling with returning to the way they approached habits, fitness, and goals in the "before times" (pre-March 2020)

IF THE OLD WAY DOESN'T WORK AND BURNS US OUT, IS THERE ANOTHER WAY?

Something that works, is evidence-based, and supports your Wellness Journey.

YUP! THAT'S A WELLNESS PLAN



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STEP 1: CRAFT YOUR WELLNESS VISION

YOUR WELLNESS VISION STARTS WITH LISTENING TO YOURSELF:

Your Wellness Vision is your sense of who you are, how you are, and what it's like to be you at your best (without perfectionism or idealization)

Wellness Visions are:

- Malleable
- Open-ended
- Structured for what works *for you*



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STEP 1: CRAFT YOUR WELLNESS VISION

HERE ARE JOURNAL
PROMPTS TO GET YOU
STARTED:



What lessons did you learn last year you want to carry forward?

How do you want to feel in the New Year?

What is your definition of "wellness"? What would it mean to you to "be well"?

Imagine yourself a year from now. If your Wellness Plan is wildly successful, how does your life feel?

How does your day go?



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STEP 2: SET INTENTIONS & MAYBE A FEW GOALS

YOU DON'T HAVE TO SET GOALS!

Often when we start working on ourselves we're told to set goals.

Goals are GREAT - except when they don't align and we're setting them in response to external pressures.

Look at your Wellness Vision - are their clear goals?
They should:

- Be easy for you to fully commit yourself to
- Be achievable (even if you have to work for it)
- Motivate you enough that you'll overcome obstacles
- Align with your personal values and Big Why in life
- REALLY matter to YOU

If they don't meet that criteria, maybe don't buy into it.



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STEP 2: SET INTENTIONS & MAYBE A FEW GOALS

IF YOU DO HAVE
GOALS:

Write 'em down!

Get clear with what they are and how you'll know you're making progress.

Break 'em down!

Are there smaller increments to those goals?
What's the 3 month benchmark you could make?



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STEP 2: SET INTENTIONS & MAYBE A FEW GOALS

INTENTION SETTING IS DIFFERENT FROM GOAL SETTING

Goals are destinalational
Intentions are directional.

You might not know exactly where you want to end up;
but you probably know the direction you want to go.

Here are a few prompts to set some intentions for 2023:

- How do you want to feel on your wellness journey?
- What attitude or approach do you want towards your wellness, self-care, and self-work?
- What are you curious to learn without investing in the outcome?
- How do you want to grow and explore this year?



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STEP 3: MAKE YOUR WELLNESS PLAN

TIME TO BUILD YOUR ROAD MAP!

Start by: consider what you'll want to work on first to make progress towards your Vision.

If you have goals: Break them into smaller steps.

If you have intentions: What do they guide you to explore?

For more information about how meaningful behavior change works (which could be helpful for this step) check out the next page.



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BEHAVIOR CHANGE 101

SOME USEFUL TOOLS FOR CHANGE

POSITIVE EMOTION HAS A POWERFUL EFFECT ON CHANGE

When people experience positive emotions they're more neurologically flexible, more open to new experiences, and more likely to explore their world.

EFFECTIVE BEHAVIOR CHANGE FOCUSES ON ONE CHANGE AT A TIME

The more things you try to focus on at once the less successful you'll be at all of them.

REGRESSING IS 100% NORMAL

Making mistakes isn't a sign of failure or a bad goal - it's a sign you're a person who is still learning!

WHAT'S BEST TO DO?

Pick something to work on you know you're 100% ready to change. Pick the smallest, sustainable, doable change and start with that.

Then, when that thing becomes a an easy habit, do the next thing. And the next. And then the next.



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STEP 4: TAKE IMMEDIATE, DOABLE ACTION

TWO PARTS TO THIS:

Part one: immediately do something tangible to solidify your plan in your mind.

- buy gear you need
- make a list and check something off
- go get that workout in or groceries

Do anything that makes it real in your world.

Part two: Game plan out the next few steps

If you have a sense of the next few steps after this first one, map them out.

You don't have to know the full path, just the next few steps to get you more of what you want.



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WHAT DO YOU DO FROM HERE?

LEARN AS YOU GO AND GROW!

You'll want a few regular practices to keep your wellness plan fresh in your mind.

A DAILY TOUCH POINT

Something you see or do daily to remind yourself of your commitment to your wellness this year. Could be note you see, jewelry or crystal, or an alert on your phone.

WEEKLY CHECK-IN

Take a little time each week to reflect on your habits and change with a growth mindset. Remember to give yourself credit for all you're doing well and what it gives you.

REGULAR REFLECTION

Wellness Visions are meant to be malleable and grow as you do. Monthly, quarterly, or however often works for you set aside some time to:

- Review what you've learned
- Gauge how to apply that learning forward
- Adjust what's not working well
- Find your next experiment to run on your wellness





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