

what is a wellness planner

What is a Wellness Planner? Your Guide to a Healthier, Happier You

Feeling overwhelmed? Wish you had a magic wand to wave over your life and instantly achieve better health and well-being? While a magic wand might be a bit far-fetched, a wellness planner is the next best thing. This comprehensive guide will unravel the mystery behind wellness planners, explaining what they are, their benefits, and how to choose the perfect one for your needs. We'll delve deep into the practical applications and show you how a wellness planner can be your secret weapon for a healthier, happier, and more fulfilling life.

What Exactly is a Wellness Planner?

At its core, a wellness planner is a structured tool designed to help you proactively manage your physical and mental well-being. Unlike a simple diary, it goes beyond scheduling appointments. It's a personalized roadmap guiding you towards your health and wellness goals. Think of it as a comprehensive journal, goal tracker, habit builder, and self-care reminder, all rolled into one. It provides a space to track various aspects of your life influencing your overall well-being, enabling you to identify patterns, celebrate successes, and make informed decisions about your health journey.

Key Components of a Typical Wellness Planner

While the specifics vary from planner to planner, most incorporate several key components:

Goal Setting: A crucial aspect is setting SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound). This allows you to define what "wellness" means to you and outline actionable steps to reach your aspirations. Whether it's losing weight, reducing stress, improving sleep, or cultivating mindfulness, your planner provides the space to articulate and track your progress.

Habit Tracking: Many wellness planners feature sections for tracking daily habits. This could include exercise routines, water intake, meditation practices, healthy eating choices, or even screen time limits. Visualizing your progress with checkmarks or charts can be incredibly motivating and helps identify areas needing attention.

Journaling Prompts: Reflection is key to self-improvement. Well-designed planners often include journaling prompts to encourage introspection and self-awareness. These prompts might ask you to reflect on your mood, energy levels, stressors, achievements, or gratitude. This mindful reflection helps you understand the factors impacting your well-being and make necessary adjustments.

Meal Planning: Many wellness planners dedicate space for meal planning. This helps you make conscious food choices aligned with your health goals. Planning meals in advance combats impulsive unhealthy eating and promotes better nutrition.

Fitness Tracking: Whether you're hitting the gym or going for walks, tracking your physical activity is essential. Wellness planners provide sections for logging workouts, recording distances, or noting your intensity levels.

Stress Management Techniques: Stress is a significant factor impacting wellness. Many planners include sections for stress management techniques, like mindfulness exercises, breathing techniques, or scheduling relaxation time.

Types of Wellness Planners: Finding the Right Fit

The market offers a plethora of wellness planners, each with its unique features and approach. Choosing the right one depends on your individual needs and preferences. Here are a few popular types:

Digital Wellness Planners: These planners leverage technology, offering features like reminders, progress tracking charts, and integration with other health apps. They are incredibly convenient and easily accessible.

Physical Wellness Planners: Many people prefer the tactile experience of writing down their goals and tracking their progress in a physical planner. This allows for a more mindful and intentional approach.

Specialized Wellness Planners: Some planners focus on specific areas of well-being, such as fitness, nutrition, or mental health. Choosing a specialized planner can be particularly helpful if you have specific goals in mind.

Benefits of Using a Wellness Planner

The benefits of incorporating a wellness planner into your routine are numerous:

Increased Self-Awareness: Regularly tracking your habits and reflecting on your experiences promotes greater self-awareness, allowing you to identify patterns and triggers that impact your well-being.

Improved Goal Achievement: Setting specific, measurable goals and tracking your progress significantly increases your chances of achieving them.

Reduced Stress and Anxiety: Planning and organizing your life can significantly reduce stress and anxiety levels.

Enhanced Motivation: Visualizing your progress and celebrating milestones boosts motivation and keeps you engaged in your wellness journey.

Improved Physical and Mental Health: By proactively addressing different aspects of your well-being, you'll likely experience improvements in both your physical and mental health.

Greater Productivity and Focus: By prioritizing your well-being, you'll enhance your productivity and focus, leading to improved overall performance in various life areas.

How to Effectively Use a Wellness Planner

To maximize the benefits of your wellness planner, consider these tips:

Set Realistic Goals: Start with achievable goals and gradually increase the challenge as you progress.

Be Consistent: Regularly update your planner to maintain its effectiveness.

Be Honest with Yourself: Don't sugarcoat your progress or setbacks. Honesty is crucial for self-improvement.

Celebrate Your Successes: Acknowledge and celebrate your achievements, no matter how small.

Adjust Your Plan as Needed: Life is dynamic. Be flexible and adapt your wellness plan as needed to accommodate unexpected circumstances.

Conclusion

A wellness planner is more than just a tool; it's a powerful instrument for self-discovery and personal growth. By incorporating a wellness planner into your life, you embark on a journey towards a healthier, happier, and more fulfilling existence. Take control of your well-being, set your goals, and watch yourself thrive.

FAQs

1. Do I need to be highly organized to use a wellness planner? No, wellness planners are designed for everyone. The level of organization varies depending on the planner and your personal preferences. You can adapt it to your organizational style.
1. Are wellness planners only for women? Absolutely not! Wellness is crucial for everyone, regardless of gender. Wellness planners are tools to improve overall well-being, applicable to all.
1. How often should I review my wellness plan? Ideally, review your plan weekly or monthly to assess progress, adjust goals, and stay motivated.

1. Can I create my own wellness planner? Absolutely! You can design your own planner using a notebook or a digital document, customizing it to fit your specific needs.

1. What if I miss a day or two of tracking? Don't beat yourself up! Just get back on track the next day. Consistency is key, but occasional lapses are normal. Focus on getting back into the routine.

what is a wellness planner: The Wellbeing Journal MIND, 2017-05-04 Developed in partnership with Mind, the mental health charity, each page of this gorgeous journal has been thoughtfully crafted and includes activities, colouring, drawing prompts, contemplative quotes and lots of space for you to write about your own thoughts, feelings and experiences.

what is a wellness planner: The Self-Care Planner Meera Lester, 2019-12-03 Incorporating self-care into your busy schedule has never been easier with this helpful, organized planner—including prompts, reminders, and checklists, so you can make your well-being a top priority. Set your self-care intentions and make time to achieve them! The Self-Care Planner helps you choose your wellness goals, offering weekly reminders, inspiration, and tracking so you can create a self-care routine—and stick to it. Focusing on all aspects of your mind, body, and spirit, this planner offers reminders to unplug and take mental breaks, as well as helps you set and track your physical intentions and provides journaling prompts to connect with your spiritual side. Whether you crave more time for yourself or are simply searching for better physical health, peace of mind, or more play time, this planner can help make that happen.

what is a wellness planner: The Dialectical Behavior Therapy Wellness Planner Amanda L. Smith, 2015-09-15 Set goals and map your route to success using this DBT planner designed to build a life worth living.

what is a wellness planner: Energy 4 Life Caroline Shola Arewa, 2010 Do you want more Energy and vitality in your life? One of the major health issues affecting people today is lack of energy. Most people want enough energy and vitality to live life to the full. We don't want to feel drained, exhausted and stressed out all the time. We are in need of regularly topped up, high quality energy for optimum health and wellbeing. Energy 4 Life offers a health and conscious living programme that activates your core energy. It works with the Chakras and Human Energy System. This powerful energetic approach offers the skills needed to live a Healthy, Happy and Successful life in the midst of a changing world. This is an uplifting and informative book that makes balancing the demands of 21st century life manageable.

what is a wellness planner: Plan a Happy Life: Define Your Passion, Nurture Your Creativity, and Take Hold of Your Dreams Stephanie Fleming, 2020-08-25 From the creator of the immensely popular Happy Planner and Me and My BIG Ideas, Stephanie Fleming, comes Plan a Happy Life(TM)--a delightfully practical book that shows you how to simplify, organize, and live with intention, all while having fun.

what is a wellness planner: The Dr. Sears T5 Wellness Plan William Sears, M.D., Erin Sears Basile, 2017-12-26 The best of today's science-based nutrition and lifestyle research is finally available in one crystal-clear plan. All you need is five steps and five weeks. Maybe you've just

received a wake-up call: your own health crisis, or a sick parent or friend. Or maybe you're just tired of feeling tired and sick of feeling sick. You don't need a diet plan. You need a health transformation—from the inside out. For more than 20 years, The Baby Book author William Sears's advice has been trusted by millions of parents across the country, and around the world. Now, along with his daughter Erin, a health coach and fitness instructor who went through her own transformation, losing 70 pounds and radically improving her health, Sears turns his science-based guidance to creating better health for everyone. The Dr. Sears T5 Wellness Plan is a book for all ages and all ailments. Decrease inflammation, protect your brain and heart, strengthen your gut, balance your hormones, and even make your own medicine. The Dr. Sears T5 Wellness Plan's five-step, five-week mind and body makeover—field-tested by the authors in their medical and health-coaching practices—changes your body's biochemistry to help you feel better, look better, and enjoy the New You! From its lively illustrations to motivating transformer testimonies, T5 is fun to read and fun to do—which means it's the program you'll stick with. Your mind and body will thank you. You Will Thrive on T5!

what is a wellness planner: Wellness Journal Courtney Eng, 2019-11-06 Its never too late to start a new routine and wellness plan. This self care planner will help you track all of your daily goals, in a simple to use, easy concise manner. There are a handful of pages for each month, all allowing you to log: Daily Routines Mood Tracker Fitness Log Gratitude Journal Sleep Chart and more... This book is not dated, so you can start any time of the year! Simply fill in the month you begin and get going to a better you!

what is a wellness planner: **Craft a Life You Love** Amy Tangerine, 2018-04-10 Learn how to focus your creative energy to make things—and make things happen. In this blend of memoir and hardworking handbook, creativity and craft maven Amy Tangerine shows how to find your flow, maintain a positive mindset, and cultivate a rich and fulfilling life by focusing on what truly matters and implementing small yet powerful changes. Chapters explore how to craft the soul, craft the right mindset, craft the right environment, craft good habits, rediscover your creative mojo, and maintain momentum, with each section offering exercises for taking your creative practice to the next level. For anyone who has felt disconnected from their creativity or has had trouble saving a space for their passions, Craft a Life You Love will teach you how to make time for creativity each and every day.

what is a wellness planner: **The Borderline Personality Disorder Wellness Planner for Families** Amanda L. Smith, 2018-10-02 The Borderline Personality Disorder Wellness Planner provides 52 weeks of wellness planning, inspiration for parents, spouses, siblings, and partners of those who are suffering with the emotion dysregulation and self-sabotaging behaviors associated with borderline personality disorder.

what is a wellness planner: **Educator Wellness** Timothy D. Kanold, Tina H. Boogren, 2021-09-24 Educator and teacher wellness is a personal journey. And like all journeys, there are starts, stops, and bumps in the road. The question becomes, how do we bring our best selves to our students and colleagues each day? Designed as a reflective journal and guidebook, Educator Wellness by Timothy D. Kanold and Tina H. Boogren will take you on a deep exploration where you will uncover profound answers that ring true for you. Rely on this book of ideas for self-care for educators and develop ongoing habits for wellness: Use this resource on your own or as a book study to guide staff through a reflective, goal-setting process. Observe the importance of self-care for teachers and other educators and how a commitment to daily self-care and well-being leads to a more fulfilling, successful life in and outside of the school setting. Review the four dimensions of educator self-care and wellness--(1) physical, (2) mental, (3) emotional, and (4) social--and 12 corresponding routines. Explore self-care activities for teachers and educators to sustain well-being in the face of workplace overload and potential burnout. Use the My Wellness Action journaling spaces designed to encourage thoughtful reflection to wellness and self-care plans for teachers and educators. Learn how to monitor your self-care progress and design an actionable wellness plan for next steps. View videos that highlight the authors' personal experiences with the four dimensions of

educator or teacher well-being. Access the Educator Wellness--Rating, Reflecting, Planning, and Goal-Setting protocol. Contents: About the Authors Introduction Chapter 1: The Physical Wellness Dimension Chapter 2: The Mental Wellness Dimension Chapter 3: The Emotional Wellness Dimension Chapter 4: The Social Wellness Dimension

what is a wellness planner: Wellness Recovery Action Plan (WRAP) Mary Ellen Copeland, 2003

what is a wellness planner: *Dancer Wellness* Mary Virginia Wilmerding, Donna Krasnow, IADMS, 2016-10-20 Dancers who want to get the most out of their experience in dance—whether in college, high school, a dance studio, or a dance company—can now take charge of their wellness. *Dancer Wellness* will help them learn and apply important wellness concepts as presented through the in-depth research conducted by the International Association for Dance Medicine & Science (IADMS) and their experts from around the world. Four Primary Areas *Dancer Wellness* covers four primary topics: Foundations of dancer wellness, which explores the dancer's physical environment, the science behind training, and conditioning Mental components of dancer wellness, which investigates the psychological aspects that influence a dancer's training—imagery, somatic practices, and the ways that rest, fatigue, and burnout affect learning, technique, and injury risk and recovery Physical aspects of dancer wellness, which examines dancer nutrition and wellness, including the challenges in maintaining good nutrition, addressing body composition issues, bone health, injury prevention, and first aid Assessments for dancer wellness, which offers guidance in goal setting, screenings, assessing abilities, and designing a personal wellness plan Each chapter offers learning objectives at the beginning and review questions at the end to help readers recall what they have learned. Sidebars within each chapter focus on self-awareness, empowerment, goal setting, and diversity in dance. "Dancer Wellness meets the needs of dancers in any setting," says Virginia Wilmerding, one of the book's editors from IADMS. "Our authors are leaders in the field, and they thoroughly investigate their areas of specialization. Through that investigation we have provided theoretical concepts and practical information and applications that dancers can use to enhance their health and wellness as part of their dance practice." This text offers foundational information to create a comprehensive view of dancer wellness. "Wellness defines the state of being healthy in both mind and body through conscious and intentional choices and efforts," says coeditor Donna Krasnow. "Anyone interested in the health and wellness of dancers can benefit from this book, regardless of previous training or level of expertise. This book covers each aspect of dancer wellness, whether environmental, physical, or psychological." A web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately.

what is a wellness planner: The Topography of Wellness Sara Jensen Carr, 2021-06-15 The COVID-19 pandemic has re-ignited discussions of how architects, landscapes, and urban planners can shape the environment in response to disease. This challenge is both a timely topic and one with an illuminating history. In *The Topography of Wellness*, Sara Jensen Carr offers a chronological narrative of how six epidemics transformed the American urban landscape, reflecting changing views of the power of design, pathology of disease, and the epidemiology of the environment. From the infectious diseases of cholera and tuberculosis, to so-called social diseases of idleness and crime, to the more complicated origins of today's chronic diseases, each illness and its associated combat strategies has left its mark on our surroundings. While each solution succeeded in eliminating the disease on some level, sweeping environmental changes often came with significant social and physical consequences. Even more unexpectedly, some adaptations inadvertently incubated future epidemics. From the Industrial Revolution to present day, this book illuminates the constant evolution of our relationship to wellness and the environment by documenting the shifting grounds of illness and the urban landscape.

what is a wellness planner: The Handbook of Wellness Medicine Waguih William IsHak, 2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health.

what is a wellness planner: Self-Care Insight Editions, 2019-01-08 Cultivate mindfulness and encourage wellness amid your busy lifestyle with this guided self-care journal! Commit to your self-care routine with intention and dedication. Filled with guided prompts and simple activity logs for day and night, this 90-day journal helps you develop a habit of regular self-care to carry throughout your life. It's easy to be distracted by the busy day-to-day and forget to focus on the present and what's most important. This reflection journal provides a place to record your thoughts and activities and consider how they affect your emotional and physical health—helping you develop positive thinking and self-compassion, overcome challenging and stressful experiences and negative emotions, and improve your overall well-being. The perfect anxiety relief or inspirational gift for women and men, this wellness journal creates a diary of positive thoughts and helpful self-care routines to be a source of inspiration any time. Additional details: Ideal 5.75" x 8.25" size and durable flexibound format offer plenty of writing space while being small enough to travel easily Easy to write on archival paper takes pen and pencil nicely with 184 lined, acid-free pages Deluxe design with vegan leather cover, foil accents, removable cover band, and helpful ribbon marker make for a lasting keepsake Delicate, beautiful illustrations encourage a calming mindset and lovely backdrop for deep reflection Habit trackers for sleep, mood, food, exercise, and more help you monitor and understand important lifestyle patterns affecting your well-being Journal simply with guided prompts and lists that make it easy to check in with yourself morning and night, relieve stress, and promote gratitude Build your collection: Self-Care is part of Insight Editions' successful line of Inner World guided journals, including Gratitude, Mindfulness, Meditation, Calm, Recharge, Connection, and more

what is a wellness planner: The Wellness Project Phoebe Lapine, 2017-05-16 For those battling autoimmune disease or thyroid conditions—or just seeking healthy life balance—the voice behind the popular blog Feed Me Phoebe shares her yearlong investigation of what truly made her well. After she was diagnosed with an autoimmune disease in her early twenties, Phoebe Lapine felt overwhelmed by her doctor's strict protocols and confused when they directly conflicted with information on the bestseller list. After experiencing mixed results and a life of deprivation that seemed unsustainable at best, she adopted 12 of her own wellness directives—including eliminating sugar, switching to all-natural beauty products, and getting in touch with her spiritual side—to find out which lifestyle changes truly impacted her health for the better. The Wellness Project is the insightful and hilarious result of that year of exploration—part memoir and part health and wellness primer (complete with 20 healthy recipes), it's a must-read not just for those suffering from autoimmune disease, but for anyone looking for simple ways to improve their health without sacrificing life's pleasures.

what is a wellness planner: The Anti-Burnout Journal Bex Spiller, 2022-01-04 Banish burnout and reclaim your calm with this innovative 12-week start-anytime journal. Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. Burnout has become more than just a buzz word or a symptom of stress. With searches related to burnout rising on average 41% annually since 2017, and 77% of employees saying they've experienced burnout, it's no wonder the World Health Organisation has started to take it more seriously. And that's before the pandemic and working-from-home burnout became even more prevalent. It was these worrying facts and her own experience of burnout that led mental-health advocate Bex Spiller to set up The Anti-Burnout Club, which has grown exponentially since launch in 2021. Bex has witnessed first-hand how burnout isn't just reserved for high-flying execs at FTSE 100 companies. It's creeping into our homes, making it impossible for many of us to cope with all of the demands of modern life. With this journal, Bex has created a multi-platform solution to a growing problem. Combining people's love for pen and paper with the rise in online wellness apps and platforms, The Anti-Burnout Journal works for traditionalists and technology lovers alike. This undated journal spans 12 weeks with weekly lessons and challenges to help beat burnout, delivered through the pages of the journal alongside an online dashboard with lifetime access to video lessons in yoga,

mindfulness, meditation, nutrition and breathwork, can be watched time and again. Alongside the lessons are weekly and daily pages that encourage journaling the more traditional way using everything you've learned. This multi-platform approach makes this journal completely unique and ensures that you can use it in a way that suits you, without feeling more stress or overwhelm. This one-of-a-kind journal is the perfect gift to yourself or someone in need of self-care in this stressful world we live in and promises to help you slow down, reflect, find balance and restore a sense of calm.

what is a wellness planner: Resilience Project, The Hugh van Cuylenburg, 2019-11 > 1 in 7 primary school kids have a mental illness > 1 in 5 adults will experience mental ill-health throughout the year > 65% of adolescents do not seek help for mental illness THE POWER OF EXPERIENCE Hugh van Cuylenburg was a primary school teacher volunteering in northern India when he had a life-changing realisation- despite the underprivileged community the children were from, they were remarkably positive. By contrast, back in Australia Hugh knew that all too many people found it hard to be happy, or suffered from mental illnesses such as depression and anxiety. His own little sister had been ravaged by anorexia nervosa. A PURSUIT OF HAPPINESS How was it that young people he knew at home, who had food, shelter, friends and a loving family, struggled with their mental health, while these kids seemed so contented and resilient? He set about finding the answer and in time identified three pivotal traits - gratitude, empathy, and mindfulness - which seemed to underpin the children's resilience. SHARING WISDOM, IGNITING CHANGE In the ensuing years Hugh threw himself into studying and sharing this revelation with the world through The Resilience Project, with his playful and unorthodox presentations which both entertain and inform. Now, with the same blend of humour, poignancy and clear-eyed insight that The Resilience Project has become renowned for, Hugh explains how we can all get the tools we need to live a happier and more fulfilling life. READ THIS BOOK AND YOU WILL- through powerful and touching stories from people Hugh has met and helped during his years on the road. and discover how we can address and cultivate it in our daily lives. in transforming mental health and enhancing overall wellbeing. and obstacles that hinder personal growth and mental health. in helping raise happier children, and learn practical strategies to do so effectively. 'Hilarious, inspiring and heartbreakingly vulnerable, this book has the potential to be life-changing' MISSY HIGGINS

what is a wellness planner: *Mental Health Journal for Men* Ryan Howes, PhD, 2020-08-04 Learn how to deal with feelings--a mental health journal just for men Taking care of yourself means more than just working out and eating right--it also means taking care of the stuff going on in your head. The Mental Health Journal for Men is the one-stop mental health gym for guys, providing effective ways to organize your thoughts and work through stress, anxiety, and more. Whether it's to chill out with simple breathing exercises, inspire yourself by creating a movie poster about your life, or just explore emotions besides feeling numb, this mental health journal approaches creative journaling with an eye for the unique challenges that guys face. So, grab a pencil (or pen) and get to work! The Mental Health Journal for Men features: The help men need--From exploring your kryptonite to being proud of the things you've done (and the body that helped you do them), get a mental health journal that speaks to guys. De-stress creatively--Discover that one of the best ways to explore (and beat) what's bugging you is to draw, chart, graph, and even design a T-shirt with your life's motto. What makes you tick?--Figure out what makes you tick with a mental health journal full of prompts that help you examine yourself, the people in your life, and how you relate to the world. Teach yourself to feel better with a mental health journal written just for you.

what is a wellness planner: **Full Focus Planner - Grey 4.0** Michael Hyatt & Co, 2019-05

what is a wellness planner: Training for a Healthy Life Zeitgeist Wellness, 2019-12-24 Set Yourself Up for Better Health! Open this fitness journal and start your journey to a healthy new you! This easy-to-use book will help you record your everyday stats in order to solidify healthy eating and exercise habits. Whether your goal is losing weight, exercising more, or changing your self-care routines, this handy journal will keep you on track as you set out on a healthy new path. Training for a Healthy Life features easy ways to: • Record important daily stats. Write down your weight, what

you ate, how much you exercised, and how well you took care of yourself every day. • Review your progress. Weekly check-ins help you chart your progress and adjust your habits moving forward. • Track your goals. Set your goals as you start your journey, record daily goals, and evaluate your success at the end of the book.

what is a wellness planner: The Wellness Planner Tiara Scott, 2021-08-05 The Wellness Planner is designed to help you chart your path on your wellness journey. Creating space to reflect on each of the six dimensions of wellness, this planner will help you assess where you are, visualize where you want to go, and create a plan to get there.

what is a wellness planner: Free to Focus Michael Hyatt, 2019-04-09 Everyone gets 168 hours a week, but it never feels like enough, does it? Work gobbles up the lion's share--many professionals are working as much as 70 hours a week--leaving less and less for rest, exercise, family, and friends. You know, all those things that make life great. Most people think productivity is about finding or saving time. But it's not. It's about making our time work for us. Just imagine having free time again. It's not a pipe dream. In *Free to Focus*, New York Times bestselling author Michael Hyatt reveals to readers nine proven ways to win at work so they are finally free to succeed at the rest of life--their health, relationships, hobbies, and more. He helps readers redefine their goals, evaluate what's working, cut out the nonessentials, focus on the most important tasks, manage their time and energy, and build momentum for a lifetime of success.

what is a wellness planner: Crazy Sexy Diet Kris Carr, Sheila Buff, 2011-01-17 The author of the best-selling *Crazy Sexy Cancer Tips* and *Crazy Sexy Cancer Survivor* takes on the crazy sexy subject of what and how we eat, drink, and think. Crazysexydiet.com On the heels of Kris Carr's best-selling cancer survival guidebooks and her acclaimed TLC documentary comes her new journey into a realm vital to anyone's health. Infused with her signature sass, wit and advice-from-the-trenches style, *Crazy Sexy Diet* is a beautifully illustrated resource that puts you on the fast track to vibrant health, happiness and a great ass! Along with help from her posse of experts, Carr lays out the fundamentals of her Crazy Sexy Diet: a low-glycemic, vegetarian program that emphasizes balancing the pH of the body with lush whole and raw foods, nourishing organic green drinks, and scrumptious smoothies. Plus, she shares the steps of her own twenty-one-day cleanse, and simple but delectable sample recipes. In ten chapters with titles such as, "pHabulous," "Coffee, Cupcakes and Cocktails," "Make Juice Not War," and "God-Pod Glow," Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair. In addition to debunking common diet myths and sharing vital tips on detoxifying our bodies and psyches—advice that draws both on her personal experience as a cancer survivor and that of experts—she provides helpful hints on natural personal care, how to stretch a dollar, navigate the grocery store, eating well on the run, and working through the inevitable pangs and cravings for your old not-so-healthy life. *Crazy Sexy Diet* is a must for anyone who seeks to be a confident and sexy wellness warrior.

what is a wellness planner: Sketch! France Belleville-Van Stone, 2014-11-04 Drawing activities, art instruction, and advice for artists and non-artists alike. Urban sketching--the process of drawing on the go as a regular practice--is a hot trend in the drawing world. It's also a practical necessity for creatively minded people in a busy world. In this aspirational guide, self-taught French artist France Belleville-Van Stone emboldens readers to craft a ritual of their own and devote more time to art, even if it's just 10 minutes a day. She offers motivation to move beyond the comfort zone, as well as instruction on turning rough sketches into finished work. Belleville Van-Stone learned how to draw through her own daily practice and knows first-hand how hard it is to find time to incorporate creativity into a busy life. She encourages and teaches us how to do it with advice and guidance such as: • An A-to-Z list of daily sketch prompts, from airports to bananas, faces to hands, meetings and workplaces • Tips on what drawing supplies you can and should have--and how to carry them around • Sections on accepting mistakes, drawing with limited resources, and redefining completion • Plusses and minuses of going digital, including apps, styluses, and brushes For those of us who dream of drawing in the minutes between school and work, bathtime and bedtime, and

waking and walking out the door, the practical advice in Sketch! is a revelation. By sharing her own creative process, Belleville-Van Stone Sketch inspires artists both established and aspiring to rethink their daily practice, sketch for the pure joy of it, and document their lives and the world around them.

what is a wellness planner: Wellpreneur Planner Amanda Cook, 2018-11-09 The Wellpreneur Planner is a marketing workbook and yearly planner, especially for wellness entrepreneurs who want to grow their businesses online. If you sell products or services in wellness, nutrition, fitness or holistic health, and you want to reach more clients through online marketing, this planner will help! No need to wait until January

what is a wellness planner: The IMPACT! Body Plan Todd Durkin, Mike Zimmerman, Adam Bornstein, 2010-09-28 Todd Durkin is the most sought-after personal trainer in sports, and if you don't know his name, you've definitely seen his work. He is a trainer on NBC's new show Strong, and he has helped world-class athletes reach the top of their game, including quarterback and Super Bowl MVP Drew Brees, pitcher and World Series MVP Cole Hamels, and snowboarder and Olympic gold medalist Shaun White. He is known throughout sports as the one trainer who can use any person's unique raw materials to transform them into--quite literally--the best they can be. Now Durkin has tailored his elite training program for anyone looking to transform their bodies. Based on groundbreaking muscle matrix research, Durkin's IMPACT! Body Plan is designed to adapt to your body to help you shed flab, build strength and flexibility, and enhance your athletic performance.

what is a wellness planner: The Mindfulness Journal for Busy Moms Anne Marie O'Connor, 2021-03-09 When the world seems like it's spinning out of control, taking some time to focus on the present and reflect on what matters most can help, especially when you have the most important job in the world: Mother. In time for Mother's Day, The Mindfulness Journal for Busy Moms is the ideal gift for the special women in our lives. Mindfulness is gaining new attention in our increasingly hectic times as a way to appreciate what's around you and to help you gain insight on how you are feeling and reacting. And one of the best ways to do this is through journaling. Mindful Journaling will help mothers connect mind, body and spirit by taking time to write down what matters most to them. Helpful prompts and inspiring designs will provide numerous opportunities for self-discovery and personal insight. High quality paper will also encourage moms to tap into their most creative selves so they can save and share their thoughts and ideas. This book will give mothers the opportunity to make the best of the 5-minute breaks they so need and deserve.

what is a wellness planner: The Anti-Anxiety Notebook Therapy Notebooks, 2022-10-10 Reduce your anxiety, manage stress, and become more aware of your thought patterns through this easy-to-use, guided notebook. This notebook utilizes Cognitive Behavioral Therapy, a rigorously-tested & widely-used treatment modality for anxiety, to help you develop the skills to identify, challenge, and change unhelpful thought patterns for the better.

what is a wellness planner: MindJournal Ollie Aplin, 2017-05-04 The simple aim of this book is to help and support you through life. It is a tool to help you be a stronger version of the man you already are. Back in the day, keeping a journal was the manly thing to do. All the great thinkers, writers and explorers of the past kept a journal on a regular basis - from Ernest Hemmingway to Bruce Lee. It was a simple habitual practice; a clever therapeutic outlet, particularly for men, that has been lost. This book aims to bring it back. While the gym strengthens your body, think about this book as a workout for your mind. This is brain training to build a positive mental attitude and, ultimately, a better and more resilient you. Contains three interactive sections: Warm Up, Hurdles and Strength, each with prompts, challenges and motivators to help get you started. Plus the MindManual, which offers further support, checks and advice to keep your brain training on track.

what is a wellness planner: Family Fit Plan Natalie Digate Muth, 2019-12-03 This dynamic plan will help the whole family kick-start their health and wellness and set the stage for long-term, lasting improvements in nutrition, fitness, sleep, stress, and screen use habits. Dr. Natalie Digate Muth walks families through this thirty-day transformation that establishes a baseline and goals, creates routines and healthy habits, and provides strategies for overcoming frustration and

recognizing obstacles. At the end of thirty days, parents and children will have laid the ground work to continue a lifetime of healthy habits. The plan also includes family-friendly recipes, health and fitness experiments for the kids, and additional wellness tools.

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what is a wellness planner: Fostering Wellness in the Workplace Bobbi L. Newman, 2022-01-24 Whether you're an administrator or library leader concerned about the health and well-being of your team, or a library worker excited to launch a health and wellness movement in your library, you'll find sensible guidance and inspiration in Newman's handbook. As part of their dedication to improving the lives of their patrons, libraries have long offered services, programs, and outreach dedicated to the health and wellness of their communities. There is a growing recognition that library workers themselves are in urgent need of such attention; low morale, and complaints of burnout and a toxic work environment, are only a few of the obvious symptoms. The good news is that by turning inward, libraries can foster wellness in their workplace and make a real difference in the day-to-day lives of their staff. Newman, who has led a popular course on the subject attended by workers from many types of different libraries, here takes a holistic approach to examine why and how libraries should focus on improving the health and wellness of employees. Filled with hands-on advice, examples of successful initiatives, and suggested action steps, in this book readers will learn how to define health and wellness, including its physical, psychological, and social aspects, and why they touch upon nearly everything that happens in the workplace; what a workplace looks like when it strives to ensure the complete physical, mental, and social well-being of workers, and the ways in which this approach to a work environment benefits both the library and the community it serves; the role played by the physical aspects of the workplace, such as the ergonomics of sitting and standing desks, the effects of air quality and smell on worker health and productivity, and noise levels stemming from open plan workspaces; about key policies relating to wages, working schedules, where employees work, and child and elder care; real-world advice on addressing complicated workplace issues like emotional and invisible labor, with a look at the part that burdensome or indifferent policies and practices can play in contributing to compassion fatigue and burnout; ways to make healthy choices for oneself and encourage healthy choices in co-workers and staff; concrete, evidence-based steps that libraries can take to improve workplace wellness; how to make a lasting difference by focusing on one aspect they can change personally and one that they can advocate changing library wide.

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simple, and budget-friendly recipes through the website's blog and freezer eCookbooks. Besides cooking and eating, Kelly loves spending time with her family, reading fiction, and running outside.

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what is a wellness planner: *Building a Business with a Beat: Leadership Lessons from Jazzercise—An Empire Built on Passion, Purpose, and Heart* Judi Sheppard Missett, 2019-06-25
Transform your passion into a profitable business—with the help of the legendary entrepreneur who turned an innovative idea into a \$100 million global powerhouse. Judi Sheppard Missett is a fitness icon who, at just three years old, discovered a passion for dance that would eventually fuel a global dance fitness empire. After an early life spent honing her dancing skills and a career as a professional jazz dancer, Judi had an epiphany: why not combine the art of jazz dancing with the science of exercise to help others achieve a healthier, happier self-image and life? The wildly enthusiastic response from her first 15 students inspired her to launch Jazzercise, Inc., the world's leading dance fitness program with a cumulative \$2 billion in global sales. In *Building a Business with Beat*, Judi reveals for the first time the secrets behind the company's five decades of enormous success. In addition to helping millions of men and women improve their health and well-being through the fun and fitness of dance, Judi has inspired 8,500 franchisees to achieve their dream of owning and running their own business. Now, through powerful personal stories, practical proven-successful advice and insights, Judi shares how you, too, can transform your passion into a profitable business. This inspirational guide will teach you how to:

- Create a successful business by discovering and defining your larger purpose
- Use your unique perspectives and abilities to enhance the lives of others
- Deftly handle everyday obstacles and unplanned events
- Develop an open mindset and embrace innovation and new possibilities
- Inspire your staff to connect to a purpose greater than day-to-day work, and more

Filled with helpful tips, smart strategies, and no-nonsense advice, this book is essential reading for anyone who has ever dreamed of creating a thriving, purpose-driven business. The author is living proof that when you're doing what you love, it may not seem like work at all.

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