

# HOLISTIC WELLNESS

Week of: \_\_\_\_\_

## **PHYSICAL BODY**

7-8 Hours Sleep

Hydration (2L+)

Movement / Exercise

Nourishing Whole Foods

## **MENTAL CLARITY**

Digital Detox (1hr)

Reading / Learning

Daily Prioritization

Deep Breathing

## **EMOTIONAL BALANCE**

Gratitude Journaling

Positive Affirmations

Creative Expression

Acts of Kindness

## **SPIRITUAL CONNECTION**

Meditation / Prayer

Time in Nature

Mindful Presence

Reflective Solitude

## **REFLECTIONS & INTENTIONS**