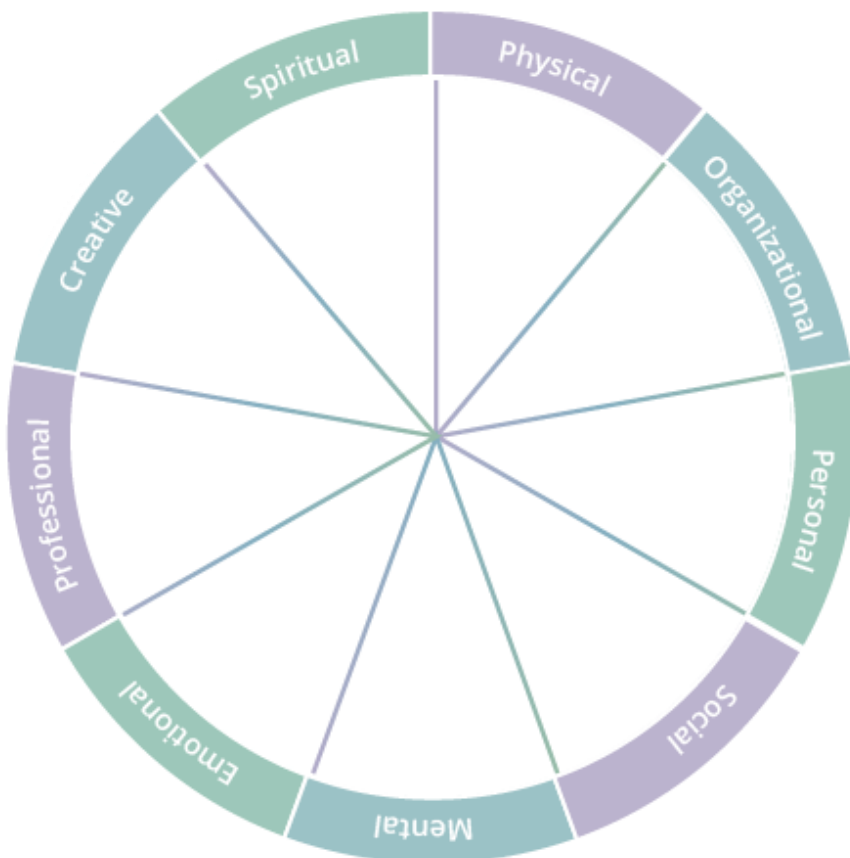


Where are you at?

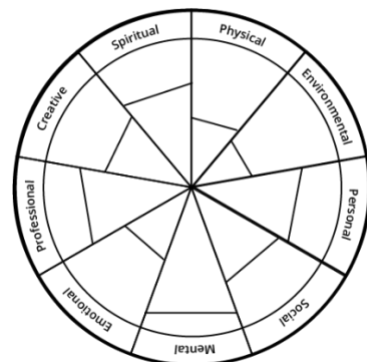
1. Draw a line across each wellness domain below to indicate how satisfied you are with each area of your life. The center indicates dissatisfaction and the periphery satisfaction.

For each category, consider the following:

- Physical (includes nutrition, physical activity, personal hygiene)
- Organizational (includes comfort, safety, ease)
- Personal (includes image, intimacy, trust)
- Social (includes finances, recreation, community)
- Mental (includes self-esteem, personal value, willingness)
- Emotional (includes balance, acceptance, compassion)
- Professional (includes communication, purpose, flexibility)
- Creative (includes imagination, resilience, inspiration)
- Spiritual (includes connection, wisdom, joy)



Example



Where are you at?

What thoughts are connected to the overwhelm?:

#1	#2	#3

What are your options?

Write down your thoughts from the previous page in one of the columns:

Needs	Wants

What are your options?

In column one, write the inspirational feelings you had during the peak experience meditation. Reflect on your wants from page 3, list the ones that motivate you towards a peak experience.

Feelings	Motivation

Who do you choose to be?

Consider the following chart and categories:



Which categories do you pay the most attention to in your life? Rank them in order from the most attention to the least:

- 1.
- 2.
- 3.
- 4.
- 5.

Who do you choose to be?

Consider the following action plan to:

1. Shift your perspective by engaging your body.
2. Shift your motivation by exploring your mind.
3. Shift your acceptance by embodying your spirit.

These are few ideas and I have left space for you to add activities you are currently practicing .

Engage Your Body	Explore Your Mind	Embody Your Spirit
<ul style="list-style-type: none"> ✓ Yoga postures ✓ Walking ✓ Running ✓ Swimming ✓ Dancing ✓ ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ Inspirational books ✓ Vision boards ✓ Journaling ✓ Comedy ✓ Affirmations ✓ ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ Breathing techniques ✓ Conscious Relaxation ✓ Nature walks ✓ Gratitude ✓ Meditation ✓ ✓ ✓ ✓ ✓ ✓ ✓



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Gratitude

This webinar is in gratitude to my teachers:

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I am grateful.