

HOLISTIC WELLBEING

Guide to holistic wellness.

Whole food recipes

30 Day Journal challenge

Wellness Assessment

+More

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W E L C O M E

I Truly believe that optimal wellness is a beautiful balance of mind, body and soul. I completed my Diploma of fitness in 2016, I am now three years into a Bachelor of Health science (Naturopathy and Nutrition).

I have learnt so much about the human body, mindset and exercise and I am so passionate about sharing this information with you and inspiring you to take power back over your health.

Chloe



Disclaimer: The information contained in this guide is for educational purposes only and should not substitute medical advice.



Holistic Wellness

Holistic medicine is the interconnection between the physical body, the mind and emotional body and the soul. As well as understanding the connection and influence of social, environmental, lifestyle factors as well that are huge contributors to our over all state of well being.

This guide is here to encourage a more holistic approach to wellness, guiding you to set the foundations to optimal health.

This is really important because it allows us to take back the power and responsibility over our health. We can begin to understand our bodies needs and tune into our own innate intelligence and really create a strong connection between body and mind.



Setting The Foundations

In naturopathy and holistic medicine we focus on setting foundations for good health. We understand that this is a conscious pursuit. It's in those everyday decisions that at the time may seem insignificant but these small choices add up and shape our lives.

This includes:
Adequate nutrition,
Hydration, Sleep, Exercise, Spirituality,
environmental factors, mindfulness.



NUTRITION

Nutrition is a very important foundation to set for optimal health and sustained energy levels.

There is a saying that I love that says:

“The food you eat can be the safest and most potent form of medicine or the slowest form of poison”

This really speaks to the physiological effect food has on our bodies and therefore our minds.

When we go back way before food was industrialised, we relied on the earth for food sources, hunting and gathering in tune with the cycles of nature and eating seasonally.

We are now in a time where there is an absolute abundance of food available to us, no matter the season - we have found ways to genetically modify and manipulate growing environments so that we have access to certain fruits and vegetables year round.

Our supermarkets are now 75% products, and about 25% whole food sources.



NUTRITION

We have lost so much connection to the true sources of what our bodies need and crave, and as a result we are experiencing a dramatic rise in obesity, and chronic health conditions that were not this prevalent back then.

We do have the power to change this, through educating ourselves, through learning what our bodies really need, understanding nutrition and holistic wellbeing at a deeper level.



NUTRITION

Prioritise high quality protein source at each meal

Protein is the building blocks to life, it has so many functions in the body, including tissue and muscle repair, immune function, neurotransmitter synthesis and more!! You want roughly 30g of protein at each meal.

This is your animal products (chicken, beef, eggs , Fish, etc) Our vegetarian sources include Legumes like kidney beans, lentils, chickpeas, Tofu, Nuts, seeds, whole grains etc.

Prioritise good fats at each meal we need our good fats for healthy hormones and many other functions in the body.

Avocados, extra virgin olive oil, hemp seeds, flax seeds, fish, natural yoghurts, fatty fish are all great sources.

We want a huge serving of whole food carbohydrates/fibre -

These provide us with energy, fibre is important for the health of the gastrointestinal tract. Eating carbs that are whole food derived contain many micronutrients, antioxidants and all the goodness that our bodies need. Leafy greens, fruits and vegetables think tomato, cucumber, capsicums, herbs like coriander, parsley, basil, zucchini, broccoli, cauliflower, mushrooms, asparagus etc. We want to increase the variety! and a small serving of starchy vegetables, think potatoes, beetroot, pumpkin etc!





Protein



Good fats

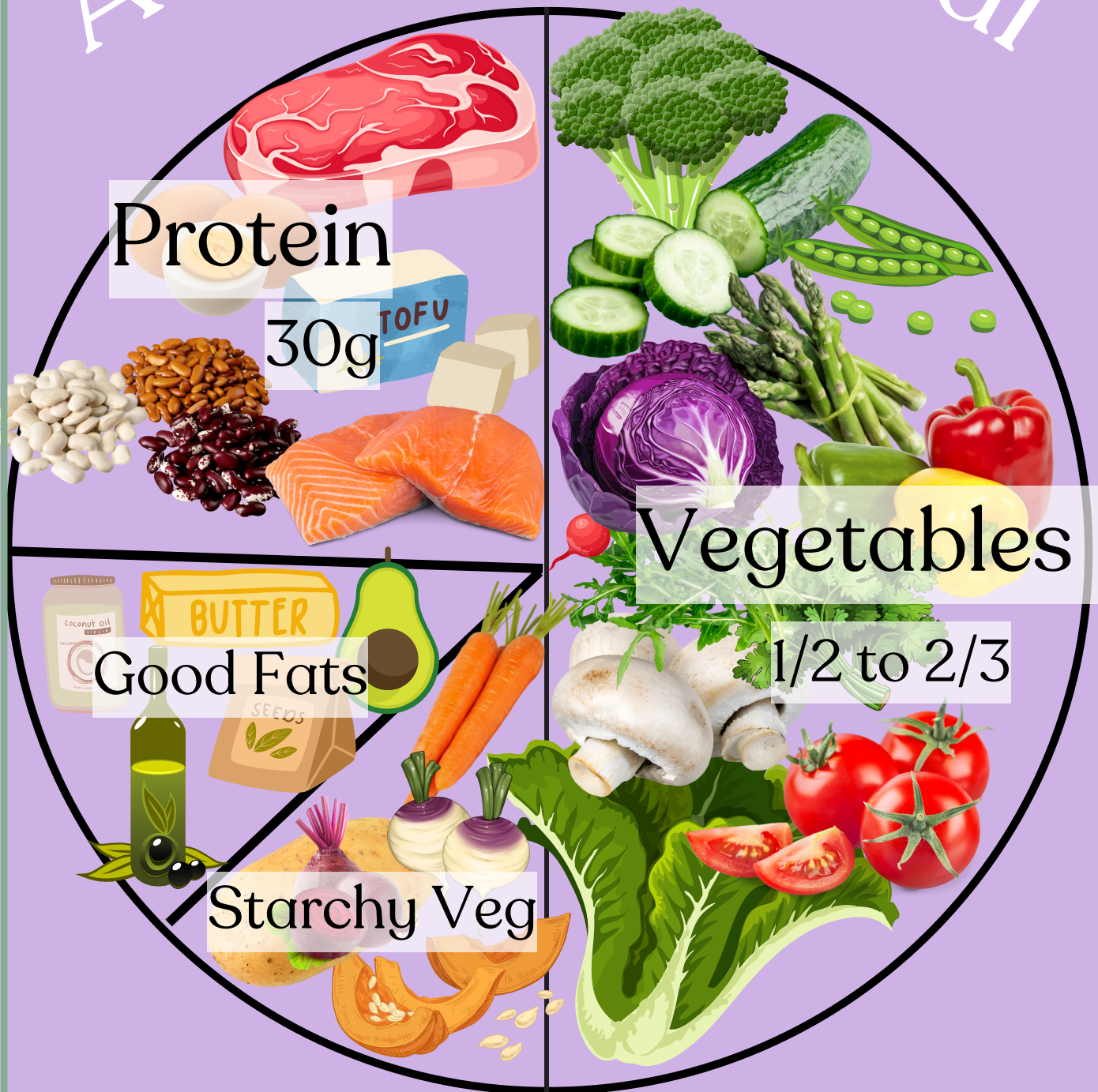


Carbohydrates/fibre



A BALANCED MEAL

A Balanced Meal



Focus on an abundance of Whole Foods, to nourish you from the inside out.

Our Gut Microbiomes thrive on diversity, so include a range of colours and variety!

W H O L E F O O D S

Vegetables:

Broccoli
Spinach
Carrots
Capsicum
Kale
Sweet potatoes
Tomatoes
Brussels sprouts
Cauliflower
Zucchini

Fruits:

Apples
Bananas
Oranges
Berries
(strawberries,
blueberries,
raspberries)
Grapes
Pineapple
Mangoes
Watermelon
Papaya

Nuts and Seeds:

Almonds
Walnuts
Chia seeds
Flaxseeds
Sunflower seeds
Pumpkin seeds
Sesame seeds
Cashews
Pecans
Pistachios

Herbs and Spices:

Basil
Cilantro
Parsley
Thyme
Rosemary
Cinnamon
Turmeric
Ginger
Garlic
Onion



WHOLE FOODS

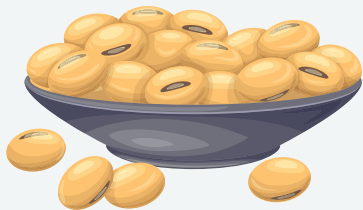
Whole Grains:

- Quinoa
- Brown rice
- Oats
- Barley
- Bulgur
- Buckwheat
- Whole wheat



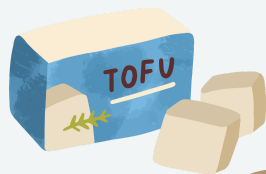
Legumes:

- Chickpeas
- Lentils
- Black beans
- Kidney beans
- Pinto beans
- Navy beans
- Soybeans
- Peas
- Fava beans
- Green beans



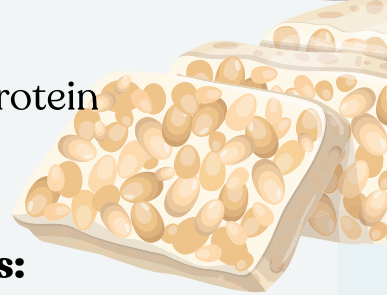
Healthy Fats:

- Olive oil
- Avocado oil
- Coconut oil
- Flaxseed oil
- Avacado
- Nuts and seeds (mentioned earlier)



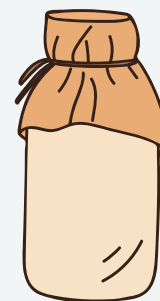
Proteins:

- Eggs
- Chicken (preferably lean cuts)
- Turkey (preferably lean cuts)
- Beef (preferably lean cuts)
- Pork (preferably lean cuts)
- Fish (salmon, mackerel, tuna, etc.)
- Tofu
- Tempeh
- Greek yogurt
- Cottage cheese
- whole grains are also protein sources.



Dairy and Alternatives:

- Milk (cow's milk or plant-based alternatives like almond milk, soy milk)
- Cheese
- Yogurt (preferably plain, unsweetened)
- Kefir
- Butter (preferably organic, grassfed)



& MORE!

NUTRITION

When we are prioritising our protein, whole food sources of carbohydrates and good fats we are going to experience sustained energy levels, our bodies are going to feel nourished, and we are setting ourselves up with strong foundations to optimal health.

So I encourage you to prioritise an abundance of whole food sources with little to no processing, fruits, vegetables, whole grains, nuts and seeds, legumes. As close to their natural forms as possible mentioned in the list.

Read to the end for a few of my favourite whole food recipes!

If you want to go deeper into nutrition, I have a more in depth guide 'Nailing Nutrition' that has you covered. Here is only a very brief touch on the subject to bring awareness to setting the foundations.



HYDRATION

Hydration is a cornerstone of holistic wellness, playing a pivotal role in maintaining the delicate balance of our body's functions.

Water is not just a mere thirst quencher; it is the elixir that sustains life and supports various physiological processes. Adequate hydration is essential for:

- optimal digestion,
- nutrient absorption,
- temperature regulation,
- joint lubrication.
- elimination of toxins and waste products,
- promoting clear skin and vibrant health.
- + more

To ensure you are meeting your body's hydration needs, consider incorporating a variety of fluids, such as water, herbal teas, and infused water with fruits and herbs.

Pay attention to your body's signals, like thirst, and aim to drink at least eight glasses of water a day.

Now just let me touch on coffee very quickly, we love it, but .. this is not hydrating, coffee is a diuretic, meaning it increases urine output and therefore can mean more water loss. So multiple coffees a day is not hydrating, swap one for more water or a herbal tea if you prefer!!

EXERCISE

Exercising and moving our bodies is a major foundation to optimal health, as physical activity not only strengthens our bodies but it also eases stress and improves mental health.

I like to think of physical activity as an investment to generate more energy, its allowing our energy to flow.

Often times when we feel flat, low mood, stagnant - this can be from a sedentary lifestyle, so physically moving is a great way to get our energy flowing. I can't think of one reason not to exercise.

If you have the capability to move your body respect that this is the greatest privilege of all. There are others who would give ANYTHING to be able to move their bodies. Do not take this for granted. Get up, move and have fun with it.

You do not need an expensive gym membership, you can simply head outside and go for a walk, or even a run, you can do bodyweight exercises at home, push ups, squats, lunges etc. There are SO many things we can do with no equipment. Just get your body MOVING.

We were not designed to sit all day, move your body in a way that is fun and feels good to you!

There is really no excuse. You can go onto youtube for inspiration and search for workouts, you can even message me, I can help you if you are stuck!



Just how much should we be exercising?

1. Aerobic Exercise:

- At least 150 to 300 minutes of moderate-intensity aerobic physical activity throughout the week, or
- At least 75 to 150 minutes of vigorous-intensity aerobic physical activity throughout the week, or
- An equivalent combination of moderate- and vigorous-intensity activity.

2. Muscle-Strengthening Activities:

- These activities should be performed involving major muscle groups on 2 or more days a week.

(MINIMUM)



SLEEP

Sleep is a fundamental physiological process with profound implications for overall health and well-being.

It serves a multitude of crucial functions that contribute to the maintenance and optimization of various physiological and cognitive processes.

One primary purpose of sleep is to facilitate memory consolidation, aiding in the retention and organization of information acquired throughout the day.

Sleep plays a vital role in supporting the immune system, promoting cellular repair, and maintaining hormonal balance.

It is during the deeper stages of sleep that the body releases growth hormone, essential for growth, development, and tissue repair.



SLEEP

Additionally, sleep contributes to the regulation of mood and emotional well-being, as it allows the brain to process and manage emotional experiences. Neurotransmitter balance, particularly involving serotonin and dopamine, is influenced by sleep, impacting mood and mental health.

Physiologically, sleep is a dynamic and complex process that involves various sleep cycles, each serving different functions. Deep, restorative sleep is essential for overall physiological maintenance, ensuring the body and mind are rejuvenated for the challenges of the day ahead. Consistent and adequate sleep is, therefore, a cornerstone of optimal health, contributing to physical, mental, and emotional resilience.

If you find you are struggling to fall asleep, or if you are waking during the night, waking unrefreshed, this can be a sign of imbalance. It would be recommended to look further into the driving cause of this.





SPIRITUAL

This is the connection to yourself, to your life, the universe/god/divine. It's the feeling of connection, gratitude, joy. The connection to your intuition.

When we are talking about our spiritual aspect of wellness its those things that you could spend hours doing and it feels like time stops. How often do you spend doing the things that energise you and excite you. The things that you want to do, you love to do.

This could be reading a book, gardening, going for a walk in nature, spending time with friends, learning something that you are really interested in, listening to music, dancing to music, practicing a skill or a sport that you love, cooking, drawing, creating art etc.

Whatever it is that you love, and you look forward to doing and you are excited to do... please do more of this!!

This is so important and is often pushed to the side because of lack of time etc. Life loses its spark when we are so caught up in the mundane, so make more time for the things that light you up.

The title 'MINDFULNESS' is centered at the top of the page in a dark brown, serif font. It is surrounded by a decorative graphic featuring a central eye with radiating lines, flanked by crescent moons and small dots, all in a light blue color.

MINDFULNESS

Your mind is SO powerful, becoming mindful is a practice that has the ability to transform your life. When you begin to practice becoming mindful you regain SO much power over your life and becoming a conscious creator.

At its core, mindfulness involves paying attention to the present moment without judgment. It helps to become aware of the subconscious mind and the belief patterns that are running the show. I am a big Dr Joe Dispenza fan, his work is evidence of miracles and the power of our minds. One of the things he said that really stuck with me is “we are thinking 60-70,000 thoughts in one day 90% of those thoughts are the same thoughts as the day before.”

90% of our thoughts are the same as the day before, we have become so unconscious and our subconscious mind is just running on autopilot.

Isn't that wild!! I don't know about you but I do not want to be spending each day the same as yesterday, I want to consciously choose in each given moment how I feel, I want to become conscious of the subconscious and make an effort to change my life in positive ways.

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MINDFULNESS

Through regular mindfulness practice, we can gain insight into the workings of the subconscious mind, allowing us to observe and understand automatic reactions and patterns.

This awareness provides an opportunity for intentional choices, breaking free from habitual responses that may be counterproductive or harmful.

By being present in the moment, we can foster a deeper connection with our thoughts and emotions, enhancing emotional regulation and decision-making.

Mindfulness has been linked to numerous mental health benefits, including stress reduction, improved focus, and enhanced overall well-being.

Mindfulness empowers us to live with purpose, bringing consciousness to their thoughts and actions, and fostering a profound sense of balance and resilience.

Mindfulness is a practice, and it may take time but it is the most powerful practice for your overall health.

IDEAS TO CULTIVATE MINDFULNESS

Start Your Day Mindfully: Begin your morning with a few minutes of mindful breathing or meditation. Set a positive tone for the day by focusing on your breath and being present in the moment.

Mindful Moments in Daily Activities: Infuse mindfulness into routine activities like eating, walking, or commuting. Pay attention to the sensations, smells, and tastes during meals, or notice the sights and sounds during your daily walk.

Mindful Breathing: Take short breaks throughout the day to engage in mindful breathing. Focus on your breath, inhaling and exhaling slowly. This simple practice can help center your mind and reduce stress.

Digital Mindfulness: Be intentional about your technology use. Consider taking breaks from screens, turning off notifications, or setting specific times for checking emails and social media. This can help create space for mental clarity.



IDEAS TO CULTIVATE MINDFULNESS

Mindful check-in: Throughout the day regularly check in with yourself and make mental note of how you are feeling.

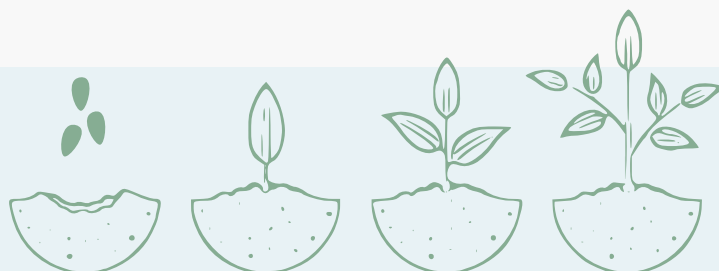
Mindful Movement: Incorporate mindful movement into your day through activities like yoga, tai chi, or simple stretching exercises. Pay attention to the sensations in your body and the rhythm of your movements.

Gratitude Practice: Cultivate gratitude by reflecting on positive aspects of your day. This can be done through journaling or simply taking a moment before bedtime to appreciate the good moments.

Mindful Breathing Before Sleep: Wind down in the evening with a few minutes of mindful breathing or a relaxation exercise. This can help calm the mind and improve the quality of your sleep.

Mindful Reflection: Take a few moments at the end of the day to reflect on your experiences. Acknowledge your emotions without judgment and consider what you're grateful for.

The key is consistency and intention. Gradually incorporating these practices into your daily routine can create huge shifts for you.





ENVIRONMENT



When we think of Environmental factors, this can speak to your own personal space, is it clean, organised, or is it cluttered and messy? Your environment is an extension of you, and you know the saying clear space = clear mind. This couldn't be more true.

Environmental factors can also include environmental Toxins, the next few pages are going to be dedicated to the major sources of environmental toxins and things we can do to reduce our exposure to them. This is a really important aspect of holistic wellness because these environmental toxins can cause havoc and interrupt the way our endocrine systems function.

The endocrine system involves the glands of the body including thyroid, adrenal, pineal, and reproductive and is involved in hormone synthesis and transmission, metabolism and more.

Coming into contact with environmental toxins is inevitable, our body is constantly undergoing detoxification processes to eliminate them.

We like to support our bodies by reducing our exposure where possible!



ENVIRONMENTAL TOXINS

Atrazine: This is a herbicide used on corn, sugarcane, pineapple and macadamia nuts, widely used in Australia. One of the primary ways it can affect your health is altering the way the reproductive system works.

Bisphenol A (BPA): This is a really common toxin, as it is used in the production and manufacturing of plastics, water bottles, metal can linings, bottle tops and. BPA leaches into water especially when plastic containers are heated.

Dioxin: Produced as by-products of industrial processes such as waste incineration and smelting.

Dioxins accumulate in the food chain and in the body when ingested.

Glycol Ethers: Grease cutting chemicals commonly found in paints, perfumes, soaps, cosmetics and foods.

Phthalates: Chemicals used to soften plastics. Found widely in bottles, shampoo, cosmetics, body lotions, nail polish and deodorants.

Pesticides: Organophosphate pesticides prevent, destroy, repel or reduce the impact of pests and can be algicides, fungicides, herbicides and insecticides. They are found in insect repellents, disinfectants, weed killers and big sprays. Also present in food and water.



REDUCING ENVIRONMENTAL TOXINS

- Consume organic and non-GMO foods where possible.
- Scrub all fruits and veg before consumption.
- Minimise use of plastic containers.
- Do not microwave or use dishwashers to clean plastic containers.
- Minimise canned foods.
- Use glass, stainless steel, or porcelain water bottles.
- Always look for BPA-free labels
- Limit non-organic dairy products, meat and fish as these contain the highest levels of dioxin, Plants have the lowest levels.
- Use non-toxic substances to clean such as vinegar, baking soda, lemon juice and micro fibre cloths.
- Replace non-stick cookware with stainless steel or cast iron.
- Use phthalate free cosmetics and body care products.
- avoid products that have 'fragrance' As an ingredient.
- Wear protective clothing when using chemicals.






As you can see there are many contributing factors to our overall state of wellbeing, and setting strong foundations to good health is what we need to ensure that we are doing, before any other intervention like herbal medicine, pharmaceuticals, nutritional supplement's etc are utilised.

All of these things that seem so basic and so simple but are often neglected due to busy lives, lack of time. Or to often we lack energy in the first place so we are not in the state of being to want to do these things. I am here to tell you that if you want to live a vibrant and healthy life you need to start setting strong foundations, invest your energy to create more.

I want to acknowledge there are often circumstances where the foundational things may not be possible to be met, for example: new mums may become sleep deprived, or someone with a severe injury may not be able to exercise, and in these situations its really important that we maximise our other factors like nutrition, hydration and doing more things we love, for example to really help keep the vitality high and maintain a balanced state.



A good thing that we can begin to do is to throughout the day check in and ask yourself:

How am I feeling?

What can I do to really support my body right now?

Is there something I can do to help bring myself back to a balanced state?

Get into the habit of identifying these things throughout the day.

Its a really powerful way to understand what your body needs. You can also identify, when you don't do these things, and when you neglect these foundations. How does that make you feel?

You can then begin to make connections between the actions that you take and your state of being in response to this!

You can get on a cycle of doing good things and feeling good and you naturally want to keep the momentum and keep doing these things, because you are feeling the results of doing them!

Really begin to notice, this will empower you to take back the responsibility for your self, for your health, for your state of being.

You begin to understand its not that external thing, its you, and its your choices and you can make better choices so that you feel better, you are healthier, and that you are able to go about your day in the highest state of being that you can.

I am so excited for you to feel happier and healthier.





The next few pages are some wholesome balanced meal recipes for inspiration. As well as A 30 day journal challenge.

Each day is a new prompt to encourage self reflection and to deepen your connection to self. This is a really potent way to bring awareness and learn more about yourself so that you can begin to make changes to become your most vibrant self.

The wellness assessment is to rate each section of your life so that you can see where things may need a little more love and attention to create more balance in your life.

The habit tracker has a section for Body, Mind and soul. I want you to choose one habit fitness related, mindfulness related and something that is going to light your soul up.

Keep it achievable and something that you can commit to daily. Each day you have completed this tick it off and stay consistent.

This is how we set strong foundations to good health!

Enjoy, I really hope this helps you in some way and you realise how powerful you really are. I am so proud of you for taking the time to yourself and putting in the work to create a more fulfilling life.

Much love,

Chloe xxx



MEDITERRANEAN CHICKPEA BOWL

Ingredients:

Makes 3 serves

- Cooking oil (Extra virgin olive oil) or Butter
- Capsicum 1
- Garlic 4 cloves
- Chilli 1 -2 chillis
- Paprika - 1 teaspoon
- Onion salt blend - 1 teaspoon
- 1 & 1/2 cup Stock (chicken or vegetable)
- 1 can Diced Tomatoes
- 1 can Chickpeas
- Corn (Can or Cob)
- Grated Cheese
- Salad for side
- Avacado
- Brown rice or Quinoa



Chickpeas can be substituted for chicken breasts, sear chicken on pan 2-3 per side & add into the sauce once boiled and about to simmer. Cut the chicken breast up and divide between 3 meals

(2 breasts split over 3 meals) Chickpeas can also be substituted for black beans / kidney beans.

Instructions:

1. Drain and rinse chick peas - set aside.
2. Mince Garlic, dice capsicum and slicely thin chilli
3. Shave corn kernels from cob with knife. If you are using canned corn, drain and rinse well.
4. Using a bigger pot with Lid, heat pot and melt enough butter to cover or drizzle with oil.
5. Add garlic, chilli and capsicum, stir well then add corn kernels.
6. Next add paprika and onion salt blend, mix well.
7. After they have been cooking for a few minutes add tomato paste to the pan and mix in.
8. Add stock and diced tomatoes - bring to a boil.
9. Once its boiled, reduce heat to simmer cover with lid.
10. Mix occasionally To prevent sticking to the pan.
11. Mean while prepare rice/ salad.
12. Once sauce has thickened and the chickpeas have softened (roughly 20-25 mins) serve on top of rice/quinoa and a side of leafy greens, avacado and salad.

OVERNIGHT CHIA & CACAO OATS WITH SEASONAL FRUIT AND TOASTED WALNUTS.

Ingredients:

(Makes 2 serves)

- 2 Tablespoons Chia Seeds
- 2 Tablespoons organic whole grain oats
- 1 scoop protein powder
- 1 Cup Pure Harvest Organic Almond Milk
- 1 Teaspoon Raw Cacao
- Optional :
- 1 teaspoon Raw honey, & Vanilla essence
- Seasonal fruit of your choice around 3/4 cup total.
- Toasted crushed cashews and walnuts 1/3 cup.



Instructions:

1. In a large mixing bowl combine Chia seeds, oats and Raw Cacao & Protein powder (adjust powder for preference on texture).
2. Mix with a whisk until all ingredients are combined.
3. Add Almond milk and whisk until combined (If using, add raw honey & vanilla essence now).
4. Transfer into a jug for easier pouring into mason jars.
5. Heat a small pan and drizzle with extra virgin olive oil and a little salt. Toast the crushed cashews and walnuts until golden brown. Put to one side to cool.
6. Cut up seasonal fruit, if you are preparing a few in advanced you can add the fruit just before serving for added freshness.
7. Mix the chia and oats and pour evenly into mason jars.
8. Drizzle with raw honey and add toasted nuts & Seasonal fruit.
9. Enjoy x

SATAY CHICKEN VERMICELLI SALAD

Ingredients:

(Makes 3 serves)

- Cooking oil (Extra virgin olive oil) or Butter
- Chicken Breast 2-3
- vermicelli noodles 3 serves
- cucumber
- Herbs: Coriander, Mint, Basil
- Satay sauce
- capsicum, carrot, include all your favourite colourful veg
- Peanuts
- Avocado



Instructions:

1. Slice up chicken breast into strips and marinade in satay sauce.
2. Thinly slice all ingredients for salad, you can use a peeler and shave the cucumber and carrot for super fine slices (or grate the carrot).
3. Roughly chop herbs, be generous with the amount that you include they add so much flavour.
4. cook vermicelli noodles as per packet instructions, once cooked drain and drizzle with oil to prevent sticking, leave to cool.
5. Cook satay chicken in pan and set aside.
6. Once the noodles have cooled mix in with salad, herbs and place into containers.
7. once chicken is cooked, let cool before adding to salad containers and store in fridge.
8. top with avo & crushed peanuts.
9. Enjoy

BERRY CACAO, HIGH PROTEIN SMOOTHIE

Ingredients:

Makes 1 serve

- 1 cup pure harvest almond milk
- 1 tablespoon Chia seeds
- 1 tablespoon Flax seeds
- 1 tablespoon oats
- 1/2 frozen banana
- 1/3 cup frozen organic berries
- 1 serve pea protein powder
- 1 teaspoon Raw honey
- 1 teaspoon raw cacao powder
- Ice to serve
- Hemp seeds (Optional topping if you have them)



Instructions:

1. Add all ingredients to blender, blend and serve in your favourite glass!
2. Enjoy

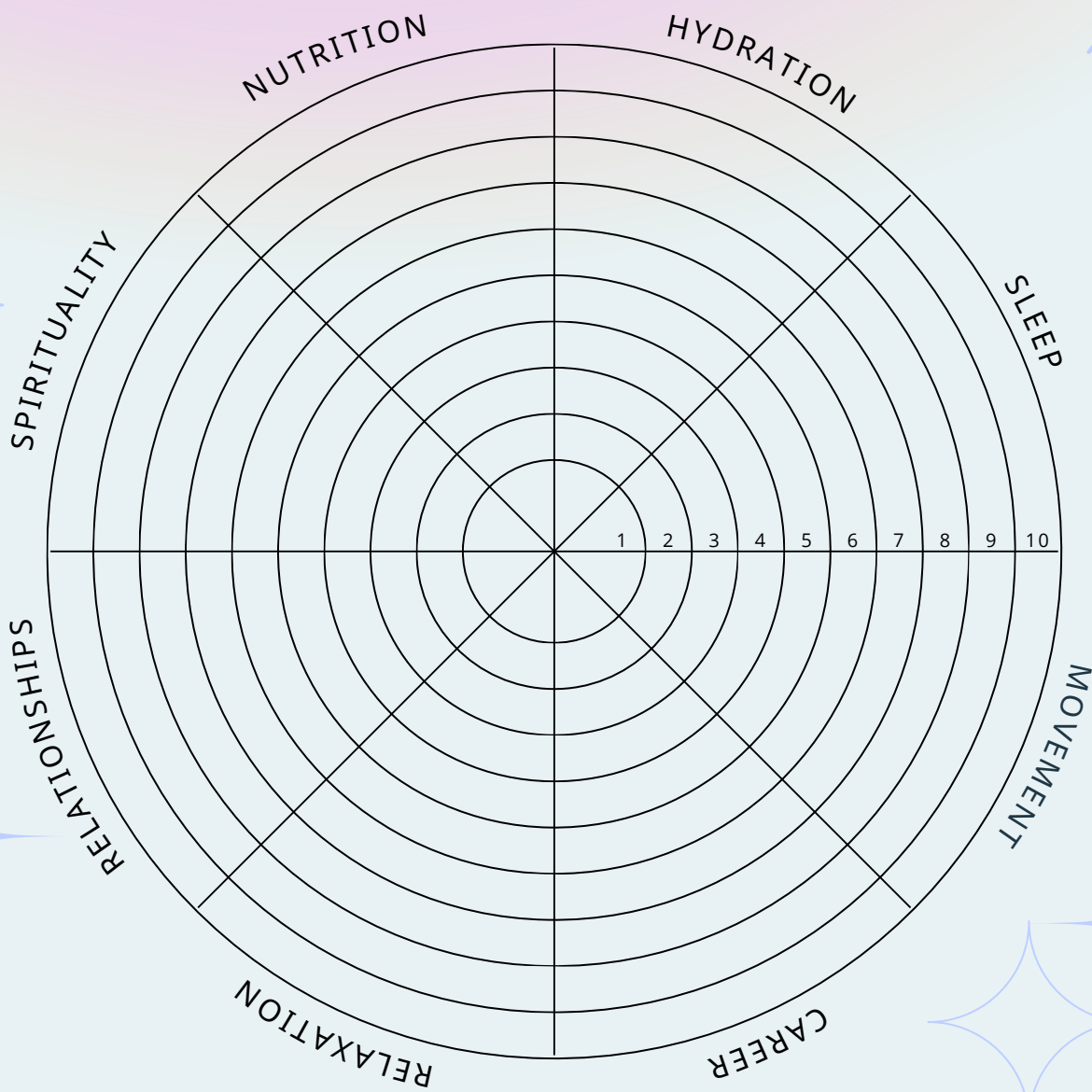
This is the perfect breakfast for those busy mornings, ensuring you are still hitting all of the nutrients on the go!

30-DAY JOURNAL

Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
What does Holistic wellness mean to you?	Complete Wheel of life (Attached)	Reflect on body-mind connection?	How has your sleep been? Include hrs of sleep.	Favourite meals this week?
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Where do I find most joy and fulfillment?	Relationships i'm grateful for.	What have I learnt this week?	What are my beliefs around feeling healthy?	How is my work-life balance?
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
6 things your i'm grateful for.	How is my screen time?	main stressors and how do I manage stress?	Create a Fitness Goal	How do I feel in my body?
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
What does my ideal day look like?	What exercise do I enjoy the most?	What is one change I could make to feel healthier?	Where do I feel the most creativity?	Have I experienced recent acts of kindness?
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
How can I strengthen connections?	4 things I appreciate	Recall a recent moment of pure peace.	Who am I thankful for?	What are my current goals?
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
How am I feeling?	Favourite song at the moment?	Write what comes to mind..	Complete Wheel of life, compare to day 2, are there any changes?	Reflect on the challenge.

WELLNESS ASSESSMENT WHEEL



Priority categories

Notes

Habit Tracker



Month of _____

Habit (Body)

Tracker

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Habit (Mind)

Tracker

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Note _____

Habit (Soul)

Tracker

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Note _____





Thank you!

I hope you have enjoyed this guide.

If you have any questions or would like further support you can keep in touch, my contacts are below.

Lots of love
Chloe x

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