



Wellness Visioning

Balance your energy. Balance your life.

EXPANSIVEWOMAN.CO





Welcome!

Wellness is more than just being healthy. It's about actively pursuing a lifestyle that promotes our overall state of being across several dimensions.

When we are well, we feel good physically, emotionally and mentally. We have energy and vitality. We are able to love and be loved.

When we are well, we can positively impact the world around us.

When we are well, we have increased resilience. We can ride the waves of life and better handle the challenges that come our way.

In this workbook, we're going to explore your sense of wellness across 12 dimensions.

Let's get started, shall we?

Wellness Dimensions

In this workbook, we will consider 12 wellness dimensions. Some of the dimensions may resonate with you more than others, and that's perfectly natural. We're all at different places in our lives.

1. Self-responsibility and love
2. Breathing
3. Eating
4. Moving
5. Feeling
6. Mindfulness
7. Playing
8. Working
9. Connecting
10. Love
11. Finding Meaning
12. Transcending



1.0

Self-responsibility and love

Understanding that you are in charge of your health and happiness.

Realizing that you know yourself better than anyone else. Creating the life you want, rather than reacting to what is happening around you.

Questions to consider:

1. Do you recognize that responsibility for your health and wellbeing lies with you?
2. Do you accept yourself as you are?
3. Is it okay for you to sometimes feel out of balance and out of sorts?
4. Do experience love and compassion for yourself?
5. Do you take care of yourself financially?
6. When you are ill, do you take proper time and care to heal?
7. Do you take time for yourself on a regular basis to do the things that fill you up?
8. Are you curious about yourself, your values, and your patterns of behavior?
9. Do you have a personal code of ethics?
10. Do you find time for stillness and reflection on a daily basis?

2.0 *Breathing*

Breathing is the natural healthy expansion and contraction of our lungs, and our being. It provides energy. It provides calm. It connects us to our bodies at the most primal level.

Questions to consider:

1. How aware are you of your breathing? Is it deep or shallow?
Rapid or slow?
2. When stressed, do you instinctively turn to your breathing to help you maintain equanimity?
3. How often do you experience a full, deep breath, all the way into the belly?
4. Do you pause during the day to check your posture - grounded in your core, shoulders down, with an open chest?

3.0 *Eating*

Eating is how we manage energy through nourishing our bodies. It provides protein for muscles and vitamins and minerals for our skin, eyes, organs, hair, and brains. Eating well is an act of self-love.

Questions to consider:

1. Do you feel energized throughout the day, or do you have peaks and troughs of energy?
2. Do you find yourself reaching for sugary snacks to feel energized?
3. Do you experience frequent digestive issues such as bloating, constipation, or heartburn?
4. Do you feel well after you eat?
5. Do you include a variety of fruits, vegetables, and fibre in your diet?
6. Are you constantly restricting yourself or feeling guilty about what you eat?
7. Do you use food for emotional insulation?

4.0 *Moving*

To be alive is to be moving. Expending energy allows us to sleep better, concentrate better, and manage stress better. It can be challenging, but also fun and joyful. Movement today somehow brings more energy tomorrow.

Questions to consider:

1. Are you aware of the messages from your body about its need for movement?
2. Do you explore new ways to add movement into your day (e.g. taking a walk at lunchtime, or taking the stairs)?
3. Do you have a regular exercise routine?
4. Do you engage in weight training?
5. Do you engage in cardio training?
6. Do you engage in stretching and range of motion exercises.

5.0 *Feeling*

Feelings such as joy, sadness, fear, and anger are natural and normal. They are designed to motivate us into action. When we numb our feelings, or stuff them down, we are betraying ourselves. Our feelings are meant to be felt.

Questions to consider:

1. How comfortable are you with positive feelings? Are you able to experience them fully? Or do they make you feel guilty, shameful, or worried about what bad thing might be around the corner?
2. How comfortable are you with negative feelings? Do you numb them with food, alcohol, video games, or other forms of busyness? Do you repress them so you don't really feel them at all?
3. Do you take time and ask yourself "What am I feeling?" at various times of the day?
4. Can you acknowledge and accept your fears?
5. Can you acknowledge and accept your anger?
6. Can you acknowledge and accept your sadness?
7. Can you allow joy and love to enter your heart for extended periods of time?
8. Can you experience gratitude, even when things aren't going your way?

6.0 *Mindfulness*

Mindfulness means nothing more than being aware of our thoughts, without becoming attached to them. It's about allowing them from a state of calm, non-judgement. Good or bad, this too shall pass. And we will be okay.

Questions to consider:

1. Do you find yourself dwelling in the past or worrying/dreaming of the future with great frequency?
2. When you are doing focussed work, how often do you find your thoughts drifting?
3. How often do you instinctively pick up your phone to scroll, without really knowing why you're doing it?
4. Do you regularly engage in an practices that cultivate mindfulness such as meditation, yoga, knitting, running, or other focused activity?
5. When you experience something new, do you pay attention to the details - the sights, sounds, smells, tastes, and textures?
6. Are you aware of any recurring thoughts that occupy your mind, capture your attention, and affect your mood throughout the day?
7. Can you let go of self-defeating thoughts?
8. Are you able to exercise your intuition and creativity to gain new insights instead of remaining stuck in habitual modes of thinking?
9. Are you aware of judgements where you make yourself right and others wrong, or vice versa?

7.0 *Playing*

Playing is a form of self-nourishment. It re-energizes us, reduces stress, gives us a brainpower boost, helps create stronger relationships, and helps us create new solutions and new ways of being.

Questions to consider:

1. How often do you spend time in nature?
2. When was the last time you did something spontaneous, just because?
3. When you play a game or a sport, are you competitive? Does your level of competitiveness (or lack of) enhance your experience or detract from it?
4. How do you express yourself creatively? E.g. art, dance, music, writing, photography, etc.
5. How often do allow yourself to do absolutely nothing?
6. Are you able to make your work playful?
7. How often do you laugh at work?

Working

Purposeful work that has personal meaning to us is healthy and sustaining. It is part of what keeps us well. But when our work lacks those things, it can be stressful and draining. Work and wellness are intrinsically linked.

Questions to consider:

1. Does your work align with the truth of who you are?
2. Do you find your work meaningful?
3. How much of your time at work is enjoyable?
4. What are the best parts of your job?
5. What are the worst parts of your job?
6. Are you able to say “no” to unnecessary or unrealistic burdens and responsibilities?
7. How are your relationships at work? Think bosses, colleagues, and employees? Are your relationships healthy and positive?
8. Are you proud of the work you do?
9. Does your work enhance the wellbeing of others?
10. Are you aware of alternatives to your present job or work?

9.0 Connecting

Connecting with others helps us feel a sense of belonging. It reminds us that we matter. It validates us as humans. Connection promotes greater mental health, happiness and fulfillment. It is essential for our sense of wellness (even for introverts).

Questions to consider:

1. How much time do you put into nurturing your connection with others?
2. Do your relationships leaving you feeling uplifted and supported?
3. Do your interactions with others drain you or energize you?
4. Do you feel comfortable navigating disagreements with the people you're close to?
5. Are you happy with the number of close friends you have? Some of us need only one, others need five or more.
6. Do you prioritize spending quality time with the people who matter most to you?
7. Do your relationships inspire you to be a better person?
8. Do you listen deeply to your friends, allowing them the space to be open and vulnerable?
9. Do they do the same for you?

10.0 Love

Love is the essence of everything. It is the energy of our aliveness, our being, and our souls. Be it romantic, platonic, or universal, love sustains us, our health, and our wellness.

Questions to consider:

1. Do you feel good about the degree of closeness you have with the people in your life?
2. If you have pets, do you love them? Do they love you?
3. Do you feel good about the amount of romantic love in your life?
4. Do you feel good about the amount of platonic love in your life?
5. Have you ever, or do you in general, experience love as a universal force that surrounds us all?
6. Are you aware of the difference between needing someone and loving someone?
7. Are you able to love others to your satisfaction?
8. Are you able to love others without dominating them, or them dominating you?
9. Are you satisfied with your sex life?
10. Are you comfortable with your sexual orientation and gender?
11. Do you honor the rights of others to express their sexual orientation?

11.0 *Finding Meaning*

Meaning is about you. Who are you? Why are you here? What is real? What is true? It is a source of direction, motivation, and resilience in our lives. Meaning is more enduring than happiness because it is attached to the core of who you are.

Questions to consider:

1. Do you believe that life in general, and your life in particular, has meaning? Why or why not?
2. Do you listen to your own inner guidance when thinking about bringing greater meaning to your life?
3. How often do you think about your dreams and aspirations?
4. What kind of legacy do you want to leave on the world?
5. How often do you remain stuck in the painful past or scary future rather than being present in the moment?
6. What is the most important thing in life?
7. What are you looking forward to in life?

12.0 *Transcending*

Transcendence is about moving beyond your own ego or self-interest and focusing on something bigger than yourself. It's about connection and service. It's about being at one with the love and creation of the universe.

Questions to consider:

1. Do you practice a spiritual discipline? Why or why not?
2. What is your place and role within the universe?
3. How can/will you serve to make the world a better place?
4. How aware of your intuition are you? Do you trust your intuition?
5. Looking back on your life, what are the key moments of personal transformation for you? Think of when things have fallen apart. Think of when you have felt profound love. Think of when you have experienced health or emotional difficulties.
6. When do you “lose time” or enter a state of flow? What kinds of activities create this for you?



Wellness Wheel

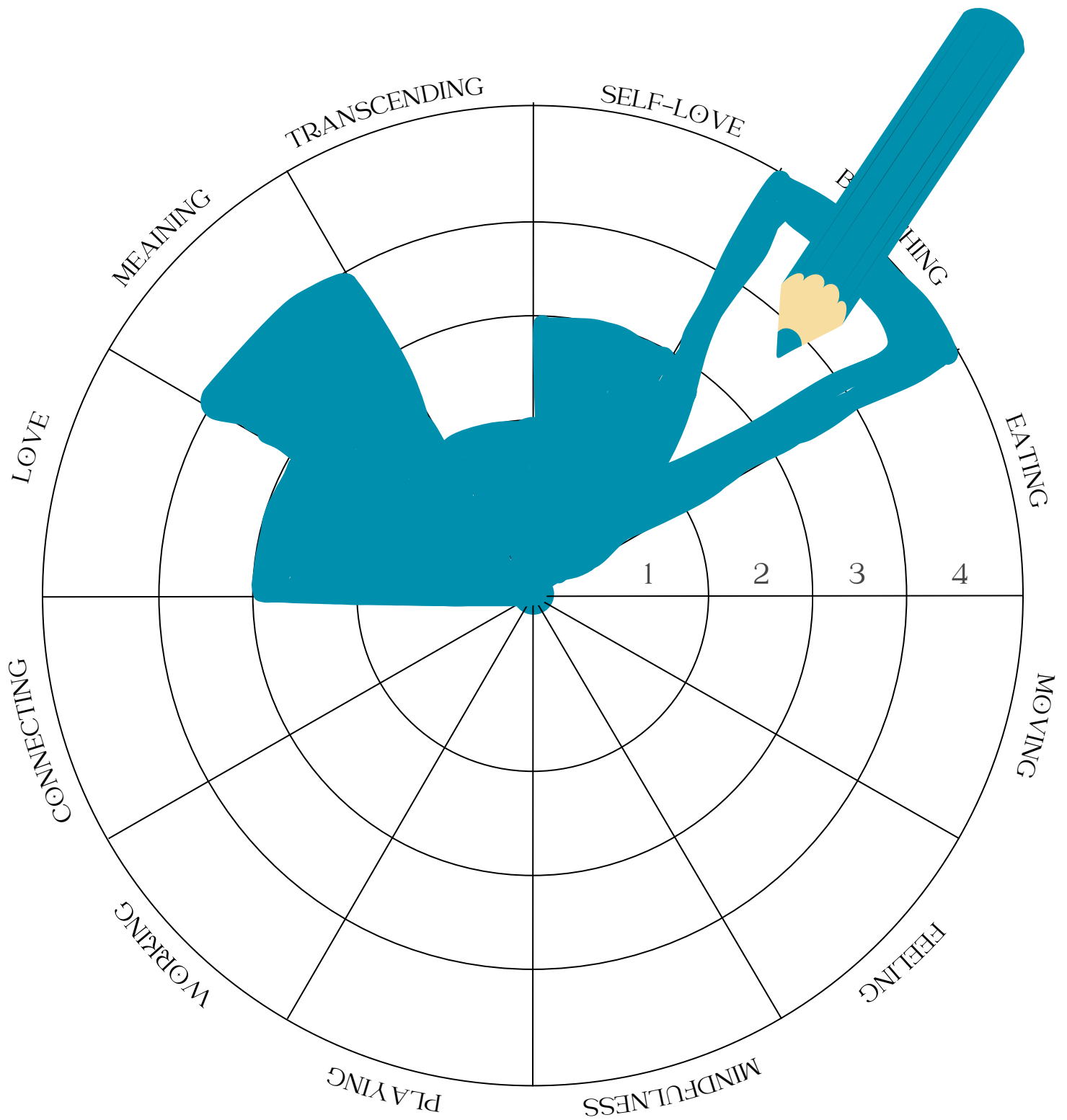
Review your answers to the questions for each dimension.

Give yourself a rating of 0 to 4 for your level of satisfaction/awareness of your wellness in each dimension.

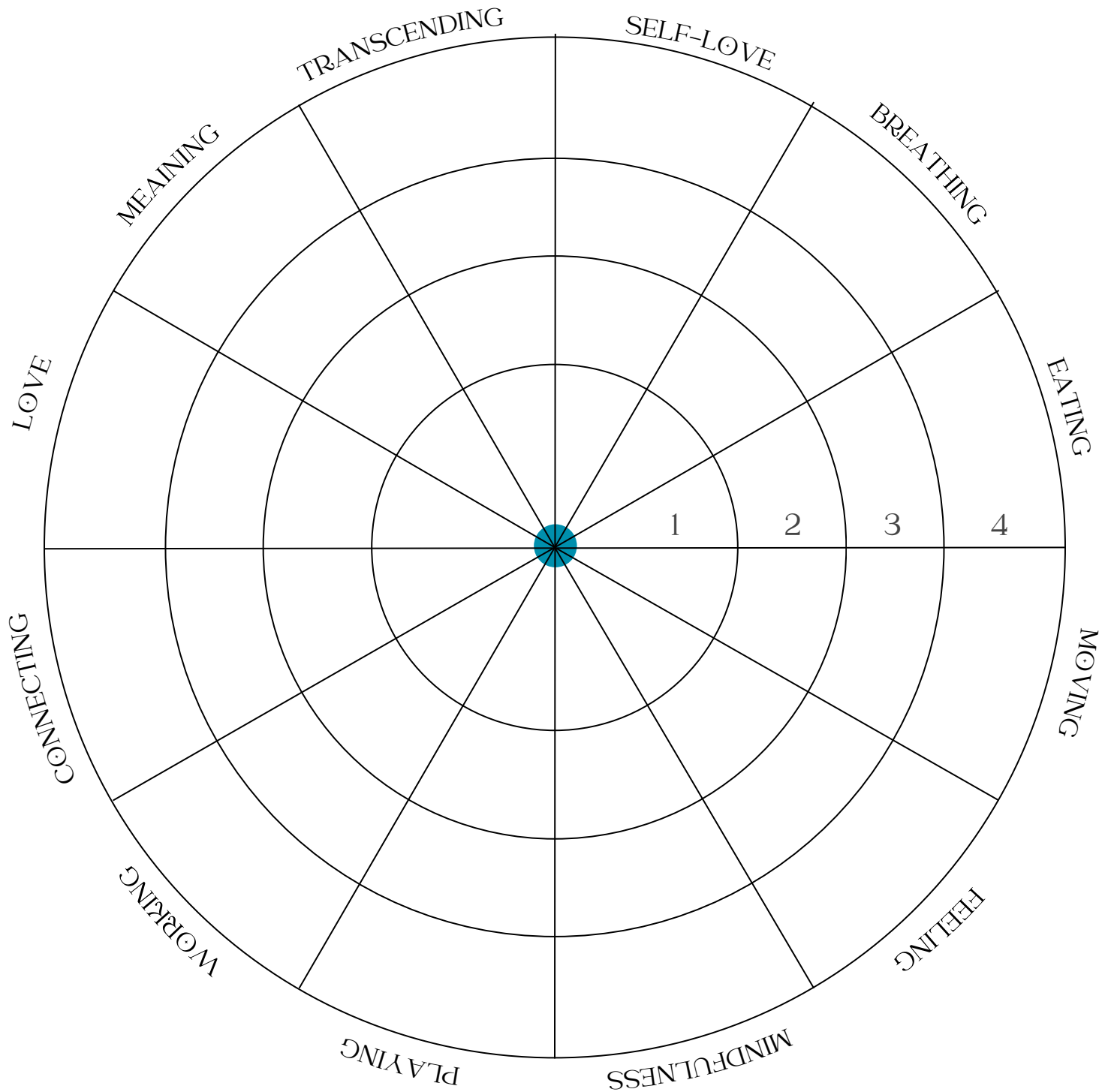
Mark your ratings on the diagram on page 18.

Using a coloured pencil or marker, fill in the shapes (as shown on page 17) so that you have a full picture of your wellness wheel.

Wellness Wheel



Wellness Wheel



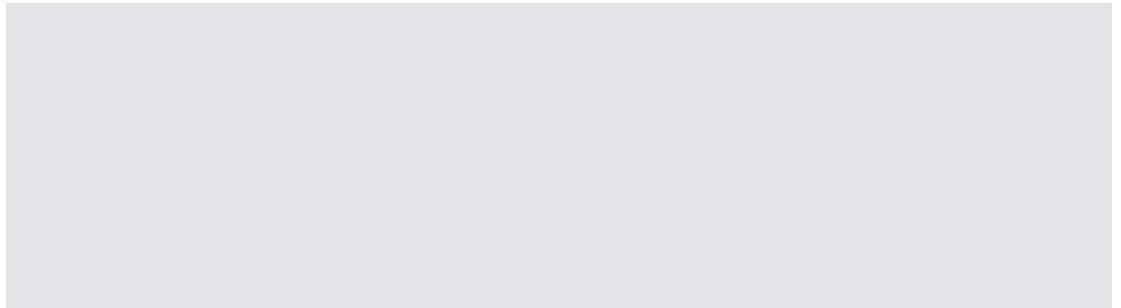
Focus

Choose 4 wellness dimensions to focus on for the next 6 months.

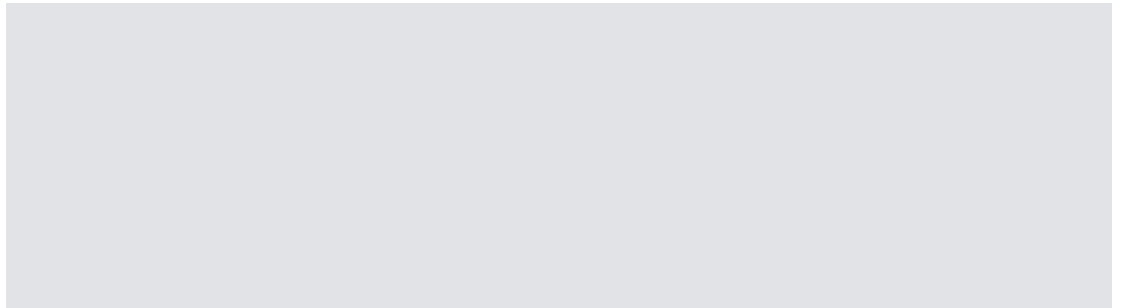
What will you do to improve your scores?

Track your progress monthly by labeling and filling in the wellness wheels starting on page 19.

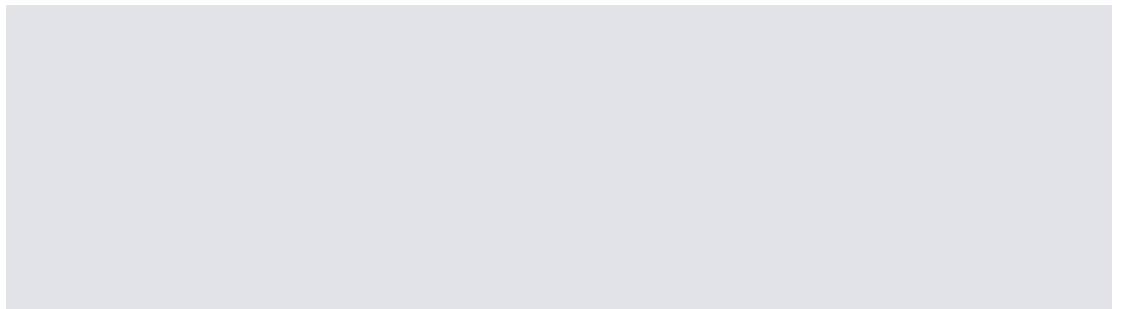
***Dimension
1***



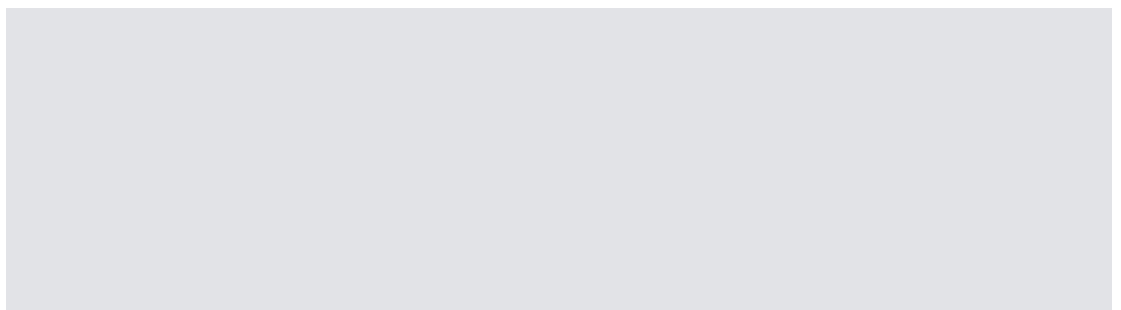
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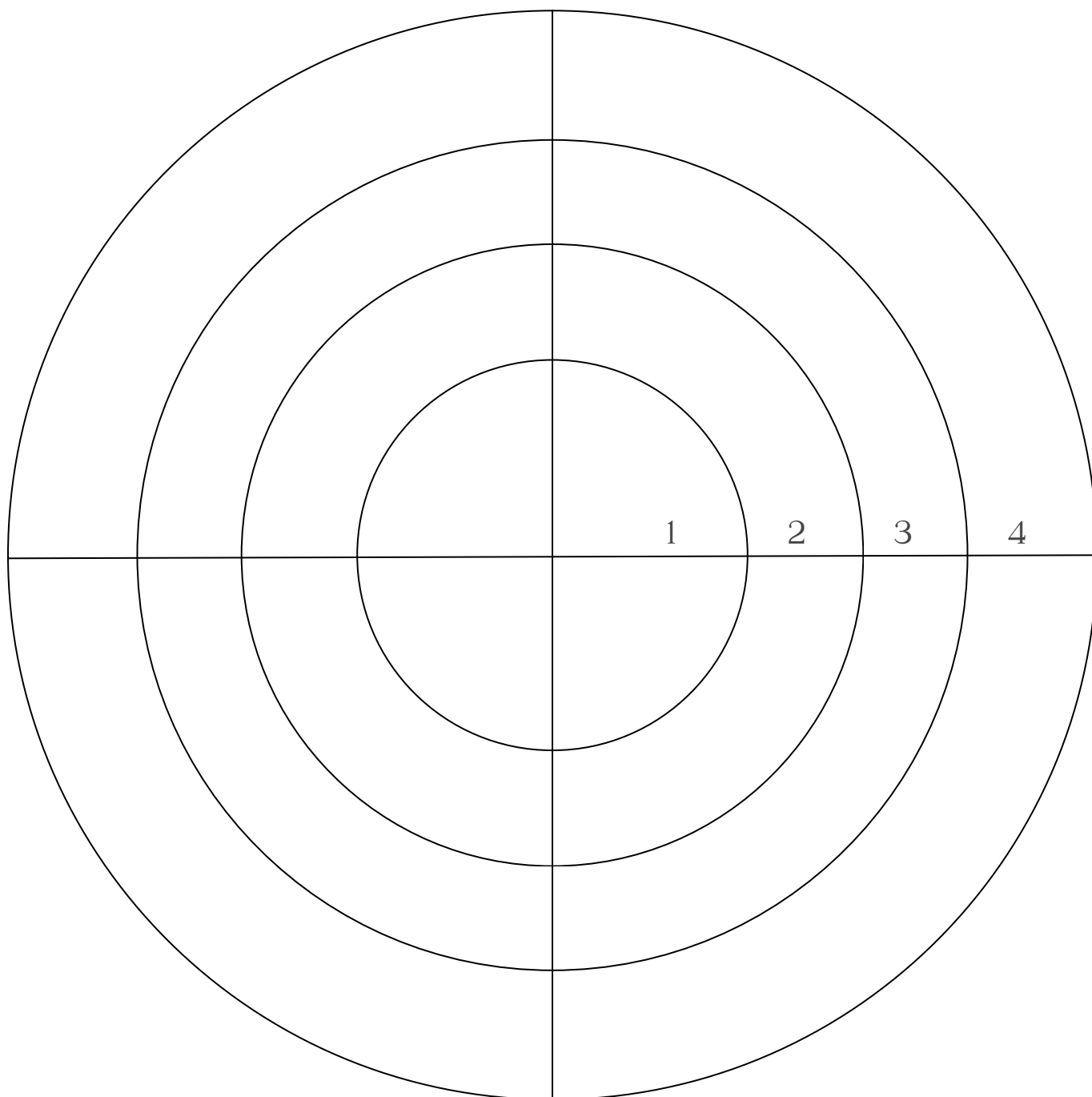
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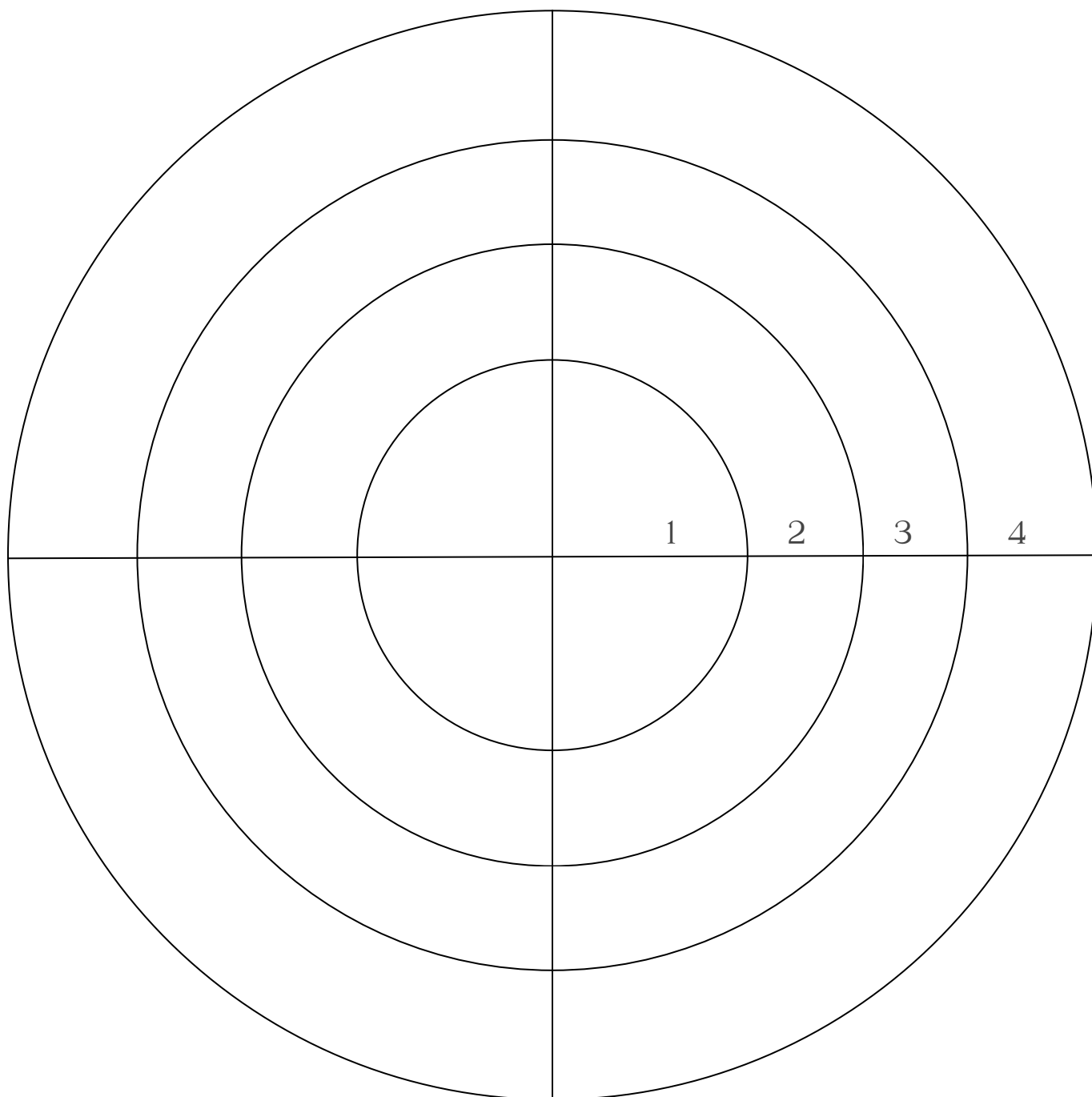
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4***



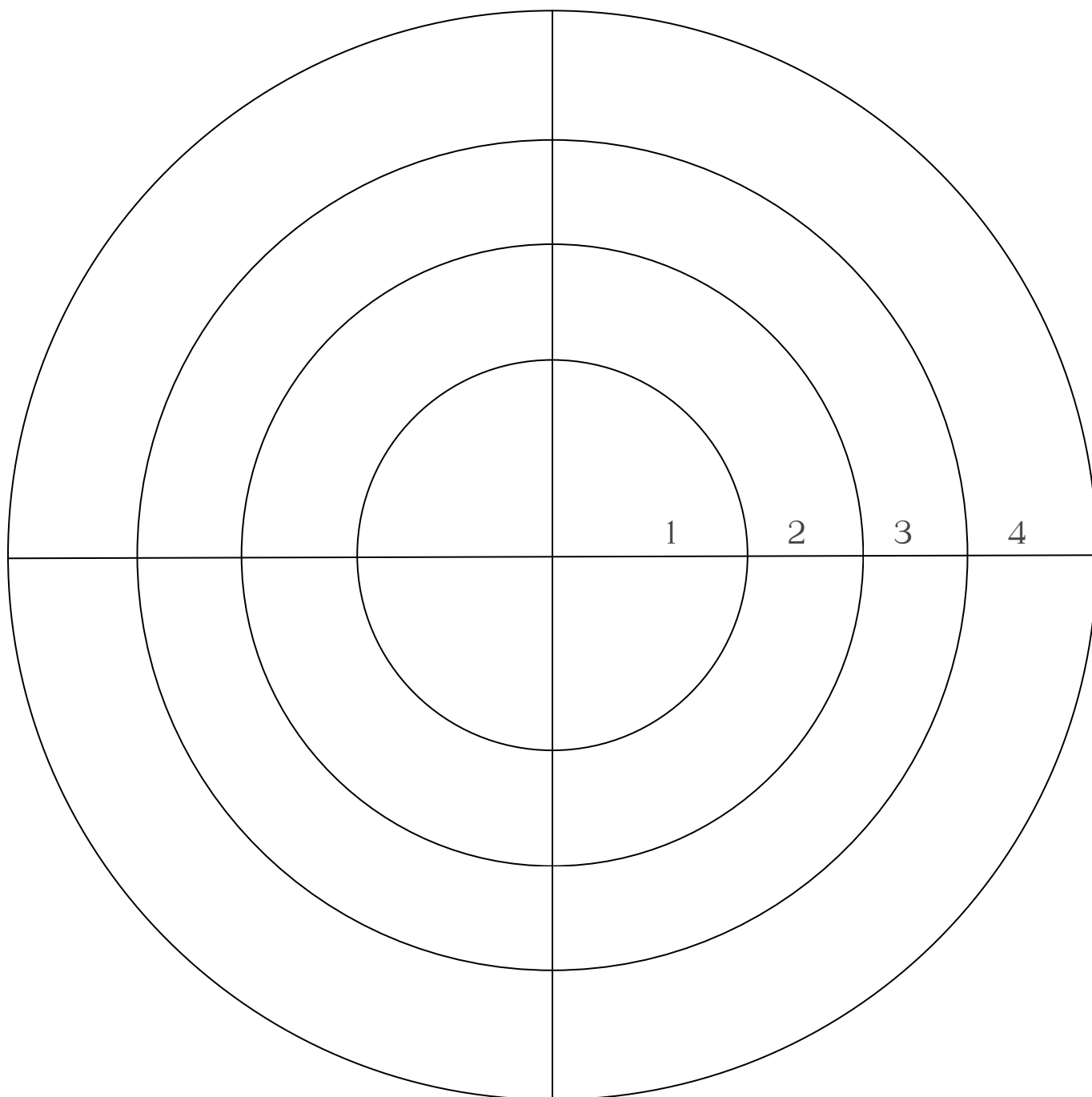
Month: _____



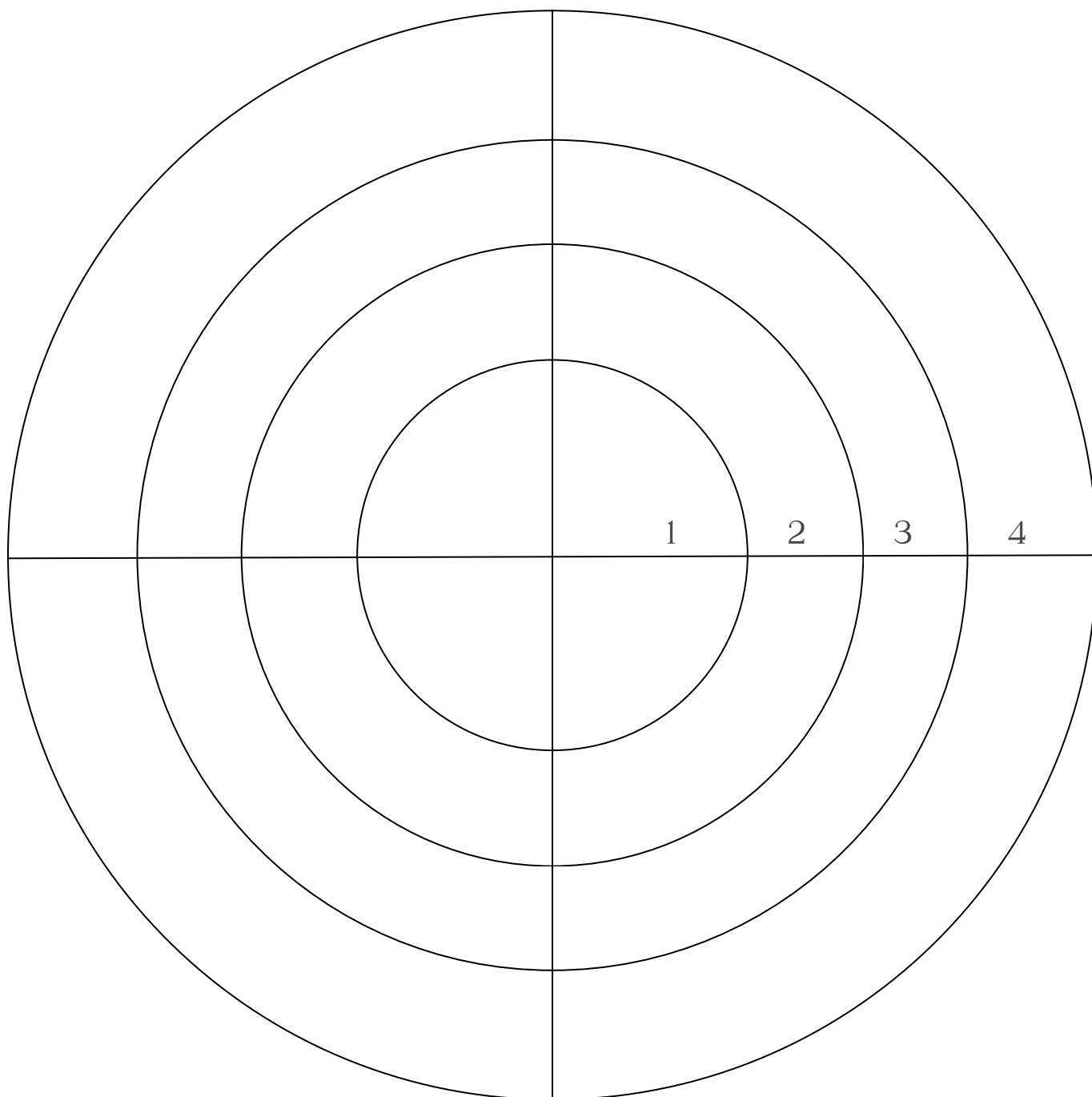
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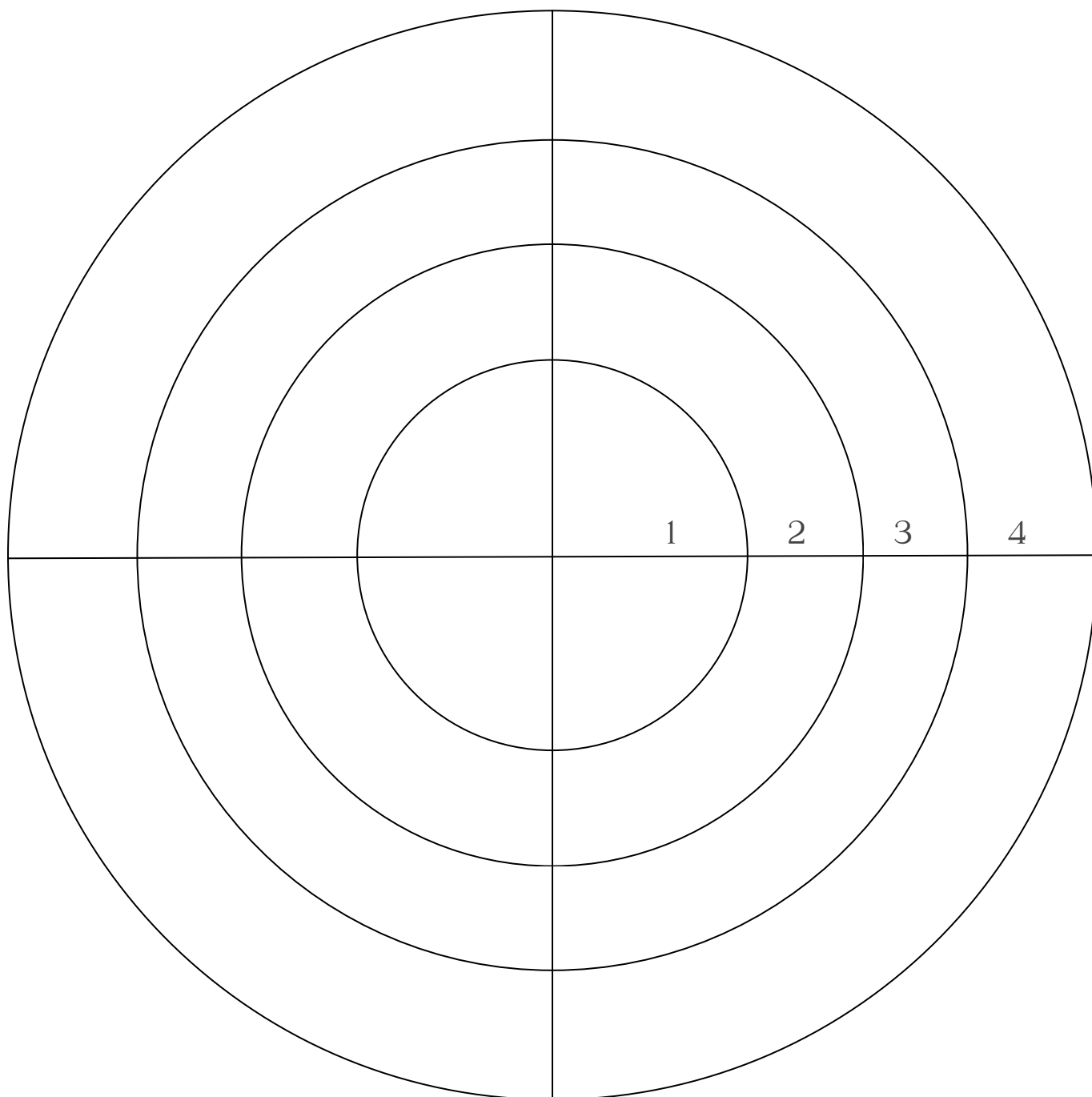
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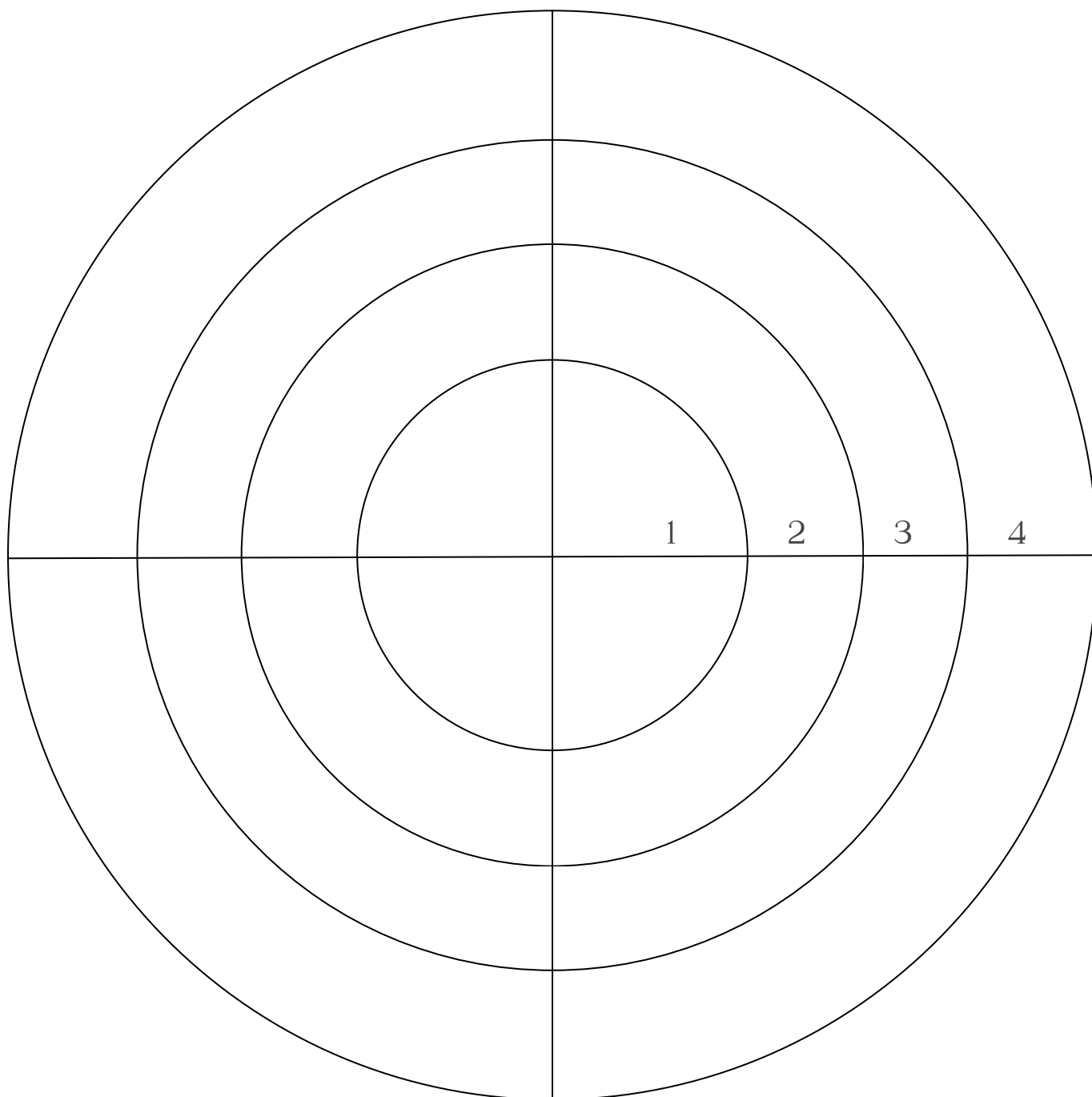
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Well done!

