Weekly Wellness CHECKLIST

Taking care of yourself is more than just a task; it's a true dedication to self-care. What strategies do you have in place to make self-love and care a priority this week?

Physical Wellness	M	T	W	T	F	S	S

Mental Wellness	M	T	W	T	F	S	S

Emotional Wellness	M	T	W	T	F	S	S

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Social Wellness	M	T	W	T	F	S	S

Spiritual Wellness	M	T	W	T	F	S	S

Weekly Reflection

Wellness Activity Ideas

Use these Wellness Activity Ideas to help you complete your Weekly Wellness Checklist



Physical Wellness

- **Yoga or Pilates**: Helps improve flexibility, strength, and mindfulness.
- **Daily Walks**: Simple but effective for cardiovascular health and mental clarity.
- **Strength Training**: Builds muscle and supports overall physical health.
- **Swimming**: Provides a full-body workout with low impact on joints.
- **Dance Classes**: Combine fitness with fun and self-expression.

Mental Wellness

- **Meditation:** Cultivates mindfulness and reduces stress.
- **Journalism:** Encourages self-reflection and emotional processing.
- **Reading:** Expands knowledge and offers mental relaxation.
- **Puzzles and Brain Games:** Enhances cognitive function and problem-solving skills.
- **Therapy Sessions:** Provides a space for mental health support and personal growth.
- **Affirmations:** Helps reprogram the subconscious mind, encouraging positive thinking and belief in one's abilities, self-worth, and potential

Social Wellness

- **Volunteering:** Builds community connections and provides a sense of purpose.
- **Joining Clubs or Groups:** Facilitates social interaction and shared interests.
- **Participating in Community Events:** Engages with others and strengthens social ties.
- **Hosting Gatherings:** Creates opportunities for connection and relationship-building.
- **Networking Events:** Expands social and professional circles.

Emotional Wellnes

- **Gratitude Practice:** Fosters a positive mindset and emotional resilience.
- **Art Therapy:** Uses creative expression as a way to process emotions.
- **Support Groups:** Offers connection and understanding from others facing similar challenges.
- **Mindful Breathing Exercises:** Helps regulate emotions and reduce anxiety.
- **Spending Time with Loved Ones:** Strengthens emotional bonds and support networks.

Spiritual Wellness

- **Spiritual Baths:** Cleanses the mind and spirit, often incorporating herbs, oils, or salts.
- **Mindfulness Meditation:** Focuses on being present and connecting with a higher sense of purpose.
- **Nature Walks:** Promotes a connection with the natural world, enhancing spiritual peace.
- **Prayer or Reflection:** Offers a way to connect with personal beliefs or a higher power.
- **Attending Spiritual or Religious Services:** Provides community and spiritual nourishment.