



WHAT REAL WELLNESS LOOKS LIKE (WHEN LIFE IS FULL)

When life is full and energy is low, wellness may not look the same and that's ok. True wellness isn't about doing more; it's about doing what matters...

Use this list to shift how you define wellness—for you.

Pick 2–3 statements that speak to you most.

Write them on a sticky note, in your journal, or keep them on your phone.

Let those be your anchors for the week—your version of real, life wellness.



By: Otanthia Williams-Brady,
Founder of Transplant Wellness

REAL WELLNESS FOR REAL LIFE

- Saying “this is enough for today”—and meaning it
- Letting go of what isn’t urgent so you can protect your peace
- Choosing rest over routines when your body asks for it
- Drinking water and taking a deep breath—because that’s what you can do today
- Celebrating what got done instead of fixating on what didn’t
- 10 quiet minutes in the car before walking in
- Eating to nourish, not punish
- Moving your body to feel better, not to burn calories
- Letting your “no” be a complete sentence

Keep going... this list is for you.

REAL WELLNESS FOR REAL LIFE (CONTINUED)

- Giving yourself permission to pause—because you're grown and you can
- Knowing that doing less is still doing something
- Feeling your feelings without judging them
- Asking, “What do I need right now?”—and actually listening
- Creating space to feel joy and smile—even if it's only 5 minutes
- Believing that taking care of yourself doesn't require a perfect plan

Come back to this list when you need a reminder of what real wellness looks like when life is full

♥ Need more support?

Explore my 'Feel Light Again' guide—a simple, powerful guide to help real women rest, reset, and reconnect.—*coming soon.*

Otanthia Williams-Brady