



THREE HAPPY EXERCISES

and more...

WELLNESS WORKBOOK

@ENERGY_MOVEMENT_WELLNESS

MAKING YOU THE LEADER OF YOUR
OWN HEALTH AND LIFE



THERE IS NO PATH TO HAPPINESS, HAPPINESS IS THE PATH

HAPPINESS IS A SUBJECTIVE AND RELATIVE STATE OF BEING, UNIQUE TO EACH INDIVIDUAL. IT CANNOT BE PRECISELY DEFINED.

LET US RECOGNIZE THAT IT IS ON A CONTINUUM, AND WE MOVE ALONG THIS CONTINUUM THROUGHOUT THE DAY OR WEEK.

HAPPINESS IS DYNAMIC, CONSTANTLY SHIFTING AND CHANGING. WHAT BROUGHT HAPPINESS FIVE YEARS AGO MAY NOT BRING THE SAME LEVEL OF HAPPINESS NOW BECAUSE IT IS AN EVOLVING EXPERIENCE WITHIN OUR BODIES.

HAPPINESS OFTEN INVOLVES POSITIVE EMOTIONS, PLEASURE, CONTENTMENT, AND A SENSE OF MEANING, PURPOSE, AND CONNECTION. IT ENCOMPASSES MORE THAN JUST KNOWING OR DOING; IT IS A STATE OF BEING. IT REQUIRES BEING PRESENT IN THE MOMENT, FULLY ACCEPTING WHATEVER IT BRINGS, WHETHER PERCEIVED AS GOOD OR BAD.

FINDING HAPPINESS IS A DELICATE BALANCE AND HAVING A POSITIVE OUTLOOK FOR THE FUTURE.

I ENCOURAGE YOU TO TAKE A MOMENT TO REFLECT AND WRITE DOWN YOUR OWN EXPERIENCES AND FEELINGS OF HAPPINESS. CREATE YOUR OWN DEFINITION OF WHAT HAPPINESS MEANS TO YOU.





FIND HAPPINESS IN YOURSELF ..

SHIFT YOUR FOCUS TO CREATING HAPPINESS NOW. RESEARCH HAS SHOWN THAT CERTAIN ACTS CAN BOOST FEELINGS OF HAPPINESS IN A RELATIVELY SHORT AMOUNT OF TIME. THESE

ACTS INCLUDE:

1. GRATITUDE: CULTIVATING GRATITUDE FOR THE THINGS WE HAVE AND EXPRESSING APPRECIATION.
2. COMPASSION: SHOWING KINDNESS AND EMPATHY TOWARDS OTHERS AND OURSELVES.
3. FORGIVENESS: LETTING GO OF GRUDGES AND RESENTMENT, ALLOWING FOR HEALING AND GROWTH.
4. ACTS OF KINDNESS: PERFORMING RANDOM ACTS OF KINDNESS FOR OTHERS, NO MATTER HOW SMALL.
5. CONTRIBUTION: ENGAGING IN ACTIVITIES THAT CONTRIBUTE TO THE WELL-BEING OF OTHERS OR SOCIETY.
6. PURPOSE: DISCOVERING AND PURSUING A SENSE OF PURPOSE IN LIFE.
7. SOCIAL CONNECTION: BUILDING AND MAINTAINING MEANINGFUL RELATIONSHIPS WITH OTHERS.

BY PLAYING WITH THESE SEVEN ACTS IN YOUR DAY, YOU CAN CREATE HAPPINESS. TAKE THE TIME TO EXPLORE EACH OF THESE AREAS AND FIND WAYS TO USE THEM INTO YOUR DAILY LIFE.

REMEMBER, HAPPINESS IS A PERSONAL AND EVER-CHANGING EXPERIENCE. EMBRACE THE JOURNEY AND DISCOVER WHAT BRINGS JOY AND FULFILLMENT TO YOUR LIFE.

HAPPY EXERCISE

1

SIGNATURE STRENGTH

AUTHENTIC AND ENERGISING FOR FUNCTIONING, DEVELOPMENT AND PERFORMANCE. YOUR STRENGTH IS UNIQUE TO YOU AND CAN BE ENHANCED. IF YOUR STRENGTH LAYS DORMANT, IT WILL ATROPHY. KNOWING AND ENHANCING YOUR STRENGTHS EVOKES JOY AND ALLOWS YOU TO CREATE NEW STRENGTHS.

What is your signature strength?

- Where do your strengths lay?
- In what context do you use your strengths the most?
- In what context do you use your strengths the least?
- What is the scope within the context to grow this?



STRENGTH ADAPTABILITY

1. List the context of the strength
2. Identify out of 10 your current use
3. Identify out of 10 your scope in this context
4. Draw two lines from the use to the scope to create a triangle

CONTEXT: WORK ENVIRONMENT

STRENGTH: SOCIAL INTELLIGENCE

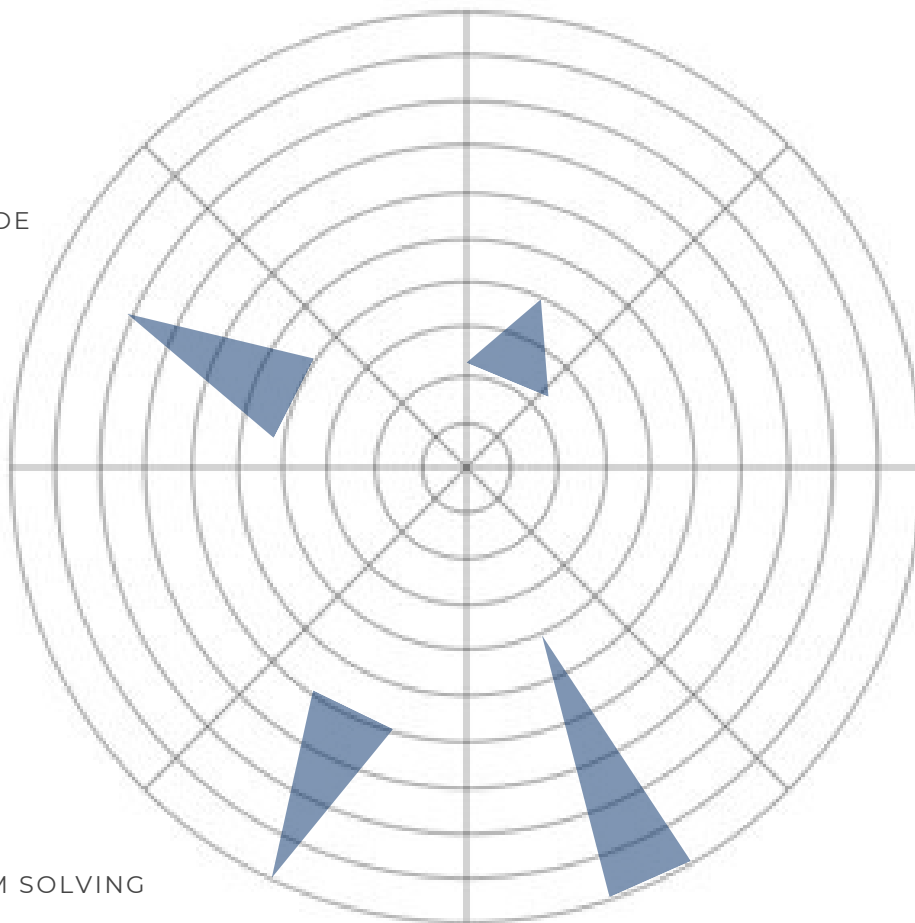
CURRENT USE: 2

SCOPE: 4

STRENGTH: GRATITUDE

CURRENT USE: 4

SCOPE: 8



STRENGTH: PROBLEM SOLVING

CURRENT USE: 6

SCOPE: 10

STRENGTH: HUMOUR

CURRENT USE: 10

SCOPE: 4

An overplayed strength loses its adaptive value

The space in the triangle shows the room to grow. In this case social intelligence does not have much growth potential in this context. In this case humour is over used, which can become a weakness. Now try this for another context such as home.

NOW YOU TRY

Strength:


Current Use:

Scope:

Strength:

Current Use:

Scope:



Strength:

Current Use:

Scope:

Strength:

Current Use:

Scope:

1. What do you notice when you look at the wheel?
2. How would you consider your strengths useful in that context?
3. Which strengths could be used more?
4. Which strengths are being underused?
5. What could you do to start using your strengths more?
6. Do you consider this environment ideal for you?

HAPPY EXERCISE



2

AREAS OF LIFE VALUES

1. Work life
2. Personal development life
3. Relationship life
4. Time and presence life
5. Spiritual life

Stability & Mobility

VALUES ARE YOUR COMPASS IN LIFE, AND YOUR GOAL IS YOUR TRUE NORTH; WITHOUT THEM BOTH YOU ARE LOST.

LET'S LOOK AT YOUR VALUES, VALUES-ACTIONS DISCREPANCIES AND OBSTACLES TO YOUR VALUE-BASED LIVING.

VALUES ARE POSITIVELY CORRELETATED TO HAPPINESS. ABSENSE OF VALUES ARE LINKED WITH DEPRESSION, STRESS AND ANXIETY.

BULL'S EYE VALUES

1. Identify your values.
2. Describe your values.
3. Think about your areas of life as if it were your dream life.
4. What are the qualities you want out of these areas and what are your expectations of these areas of life.

Your value is not a goal, but a way of living.



LET'S GET STARTED

1. Write your value for each area

Work Life



Personal development Life



Relationship Life



KEEP GOING

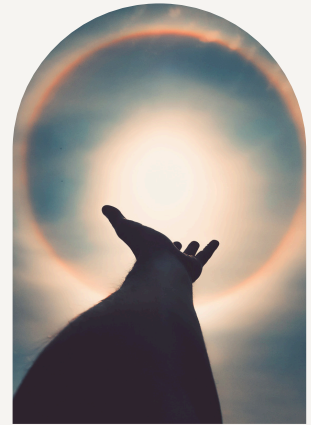
You're doing great!

1. Write your value for each area

Time and Presence Life



Spiritual Life



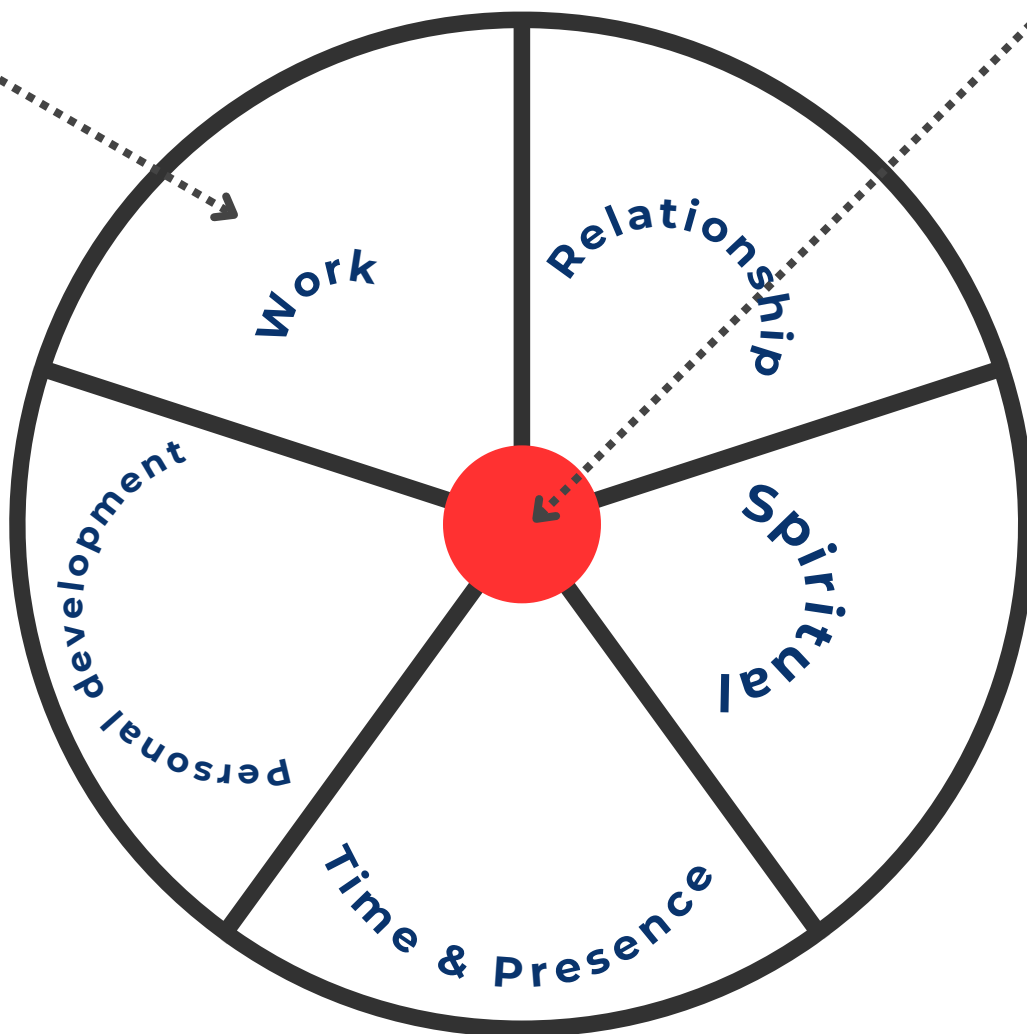
EXAMPLE

If your goal is to be married, the reflected value is that you value being an affectionate, honest and loving partner and this is how you would live by your values throughout the day. Personal development can be physical health, learning new things. Relationship is family, friends and intimate relationships. Spiritual does not mean religious but how connected and purposeful in life do you feel and want to feel?

BULL'S EYE!

My life is far from it

My life is right on the mark



Look at the values in your areas of life and think of the Bull's Eye in the middle of the circle. The Bull's Eye is exactly where you want to be and you are living your life in a way that is consistent with your values. |

Mark an X where you think you are for each life area. You will make 5 X's for the 5 areas.

NOW IDENTIFY YOUR OBSTACLES

What stands in the way of you and living the life you want to?

Obstacle 1

Obstacle 2

Obstacle 3

Obstacle 4

Obstacle 5

We're going to hurdle over these obstacles together!

RATE THE EXTENT THIS OBSTACLE PREVENTS YOU FROM LIVING YOUR LIFE

Doesn't prevent me



Completely prevents me

Obstacle 1



Obstacle 2



Obstacle 3



Obstacle 4



Obstacle 5



“BEING CHALLENGED IN LIFE IS INEVITABLE, BEING DEFEATED IS OPTIONAL.”

MY VALUED ACTION PLAN

STEP ONE

THINK ABOUT THE **ACTIONS** YOU CAN TAKE IN YOUR DAILY LIFE THAT WOULD TELL YOU THAT YOU ARE ZEROING IN ON THE BULL'S EYE **TARGET** IN EACH AREA OF YOUR LIFE. THESE ACTIONS CAN BE BIG OR SMALL AND LEAD TO YOUR GOAL OR **SIMPLY REFLECT** YOUR VALUE.

STEP TWO

BE WILLING TO ENCOUNTER THE OBSTACLE YOU IDENTIFIED. WHAT YOU DO NOT FACE WILL NOT BE OVERCOME. FACE THE ISSUE, REFLECT, TAKE A BREATH AND MOVE TOWARDS IT WITH **COURAGE** AND **CURIOSITY**.

STEP THREE

IDENTIFY AT LEAST ONE **VALUE BASED** ACTION YOU ARE **WILLING** TO TAKE IN EACH OF THE FIVE AREAS OF LIFE.

KEEP YOUR GOAL IN SIGHT.

WHAT IS YOUR VALUE BASED ACTION?

You got this!

Work

**Personal
Development**

Relationship

**Time &
Presence**

Spiritual



HAPPY EXERCISE

3



SELF-COMPASSION

GROWING EVIDENCE SUPPORT SELF-COMPASSION IS A BIG PREDICTOR OF HAPPINESS AND HEALTH. COMPASSION REFERS TO CONNECTION, NO JUDGEMENT AND RELATABILITY.

THE THREE PERSPECTIVES

PROCESS

PERSPECTIVE ONE

THINK OF SOMETHING THAT HAS CAUSED YOU TO CRITICISE YOURSELF. EXPRESS IN WORDS OUT LOUD OR WRITTEN THE VOICE OF THE INNER CRITIC. NOTICE YOUR TONE, VOLUME, LANGUAGE AND POSTURE.

PERSPECTIVE TWO

TAKE THE PERSPECTIVE OF THE EMOTIONALITY OR SENSATION OF BEING JUDGED. EXPRESS OUTLOUD OR WRITE DOWN THIS VOICE. NOTICE THE SAME THINGS AS BEFORE.
NOW HAVE A CONVERSATION BETWEEN PERSPECTIVE ONE AND PERSPECTIVE TWO.

PERSPECTIVE THREE

TAKE THE PERSPECTIVE OF A WISE FRIEND OR COUNSELOR. DRAW ON SINCERE COMPASSION. ENGAGE WITH PERSPECTIVE ONE AND THE CRITIQUE PERSPECTIVE. WHAT ADVICE DO YOU GIVE? WHAT DO YOU NOTICE? HOW CAN YOU RELATE AND BE COMPASSIONATE IN A DETACHED WAY?

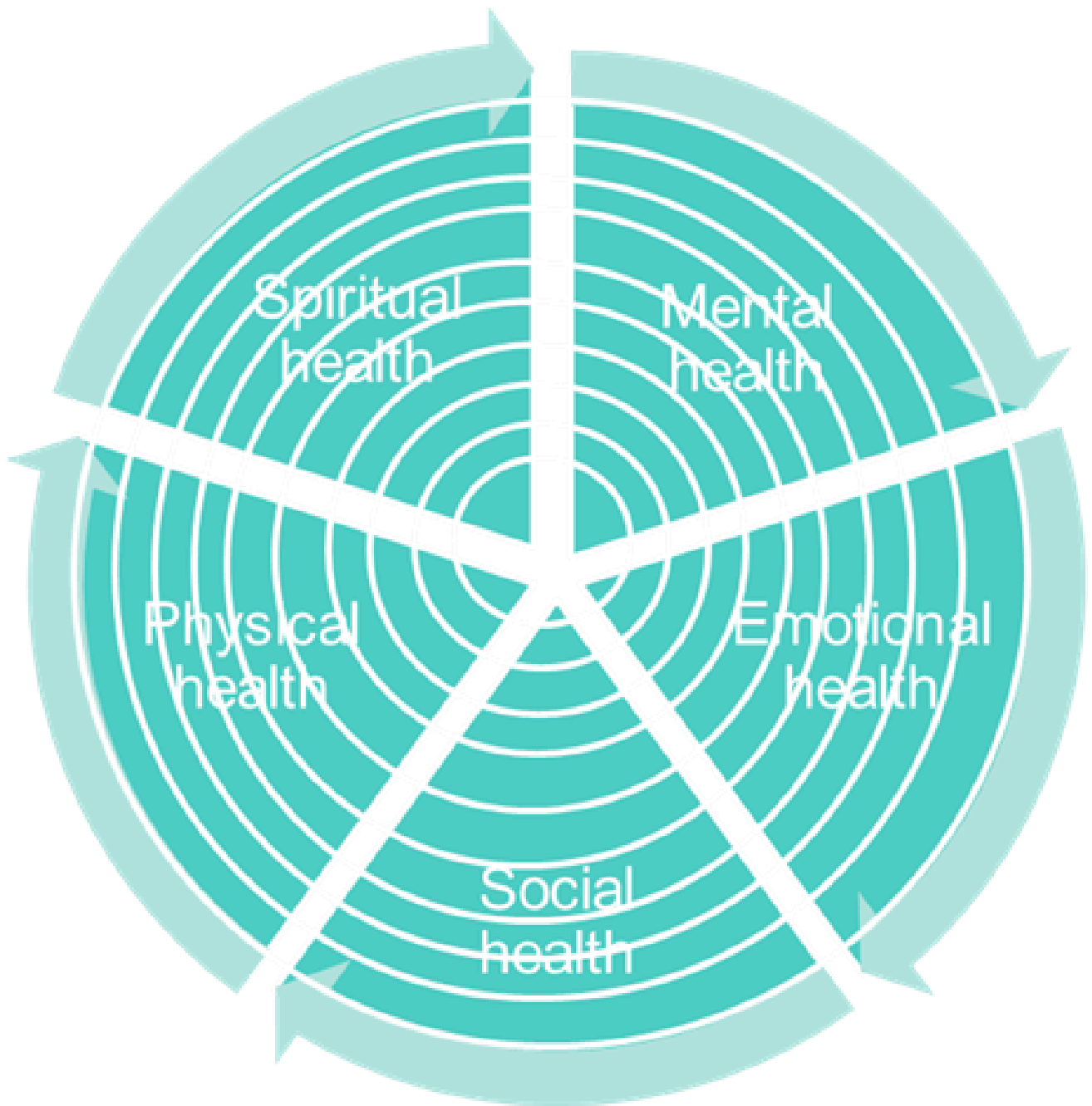
WELL DONE!

BONUS

WHEEL OF

LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.





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SELF-CARE WORKBOOK



HEY THERE!

I'm Emily Schmidt and I am here to support you on your journey to create a life **full of wellness**. When you are well you can handle the challenges in life much better and your **good vibrations** are felt by everyone around you. Use this book as a guide to focus on what really matters in your life, and that is your health. **Self-care** is one element of living a happy and fulfilled life. And we are going to look at self care in all our areas of life.

*Did you know self-care
increases empathy, immunology,
and decreases anxiety and
depression?*

Emotional Health

Spiritual Health

Physical Health

Mental Health

Social Health



Emily Schmidt xxx

contents

01. Set Weekly Intentions

Reflect on a theme or feeling you'd like to guide your week and jot it down.

02. SMART Goals Mapping

Outline some tangible, wellness-centered goals for your week.

03. Daily Check-In

Each evening, take a moment to reflect on your day, noting down your activities, joys, and challenges.

04. Self-Care & Relaxation

Keep track of your dedicated self-care moments through the week.

05. Weekly Reflections

At week's end, spend time reviewing, celebrating wins, and recognizing lessons.

WEEKLY INTENTIONS

and goals

WEEKLY INTENTIONS:

Intentions are the soft whispers of our soul, gently guiding us toward our true north. Let's hold space for these tender echoes, allowing them to shape our actions and choices in the upcoming week.

List down what feels true and meaningful - perhaps kindness, presence, or courage. Allow your intentions to be light bearers, gently illuminating your path.

GOALS:

Goals are gentle milestones that guide us toward our dreams, not with urgency, but gentle consistency. On the following page, we will set some SMART goals for the week ahead. These goals can relate to your wellness journey, personal growth, or professional development.

Remember, every step, no matter its size, is a beautiful progression toward your desires.

SMART GOALS MAPPING

Concrete goals are your wellness milestones.

Let's set goals that are SMART:

S	Specific: Clear and concise.
M	Measurable: Quantifiable to track progress.
A	Achievable: Attainable to remain motivating.
R	Relevant: Aligned with your larger wellness vision.
T	Time-bound: Encased within a timeframe.

Sketch your goals with kindness, remembering that they are fluid and can adapt to your journey's needs.

DAILY CHECK IN

TODAY'S FOCUS

What's your core focus today? Whether it's embracing calm, tackling a specific task, or practicing gratitude, define your focal point to navigate your day with clarity.

MOOD & ENERGY LEVELS

Honor your emotions and energy without judgment. How did you feel today? Was your energy ebullient, serene, or perhaps a little low? All are valid and embraced here.

PHYSICAL ACTIVITY AND NUTRITION LOGS

Your body is your temple. Record your physical activities and nourishment without critique, using this log as a gentle guide, not a rigid rulebook.

JOYFUL MOMENTS AND CHALLENGES

Celebrate every sparkle of joy and acknowledge every hurdle. By recognizing both, we honor our journey's full spectrum, learning and growing through every step.

SELF-CARE & RELAXATION

Crafting Moments of Self-Love

SELF-CARE GUIDE:

Self-care isn't an act but a loving commitment to oneself. How did you cherish yourself this week? Recall moments where you paused and gifted yourself time – a tranquil bath, a leisurely walk, or simply a pause amidst the rush. Your acts of self-care are a beautiful ode to your being, a soft whisper that echoes, 'I am important.'

Pen down your self-care moments and if you found yourself racing past them, gift yourself a pause now. Breathe, you are cherished.

RELAXATION TECHNIQUES:

Relaxation is not an escape but a gentle return to our serene core. Did you explore any relaxation techniques this week - perhaps mindful breathing, gentle yoga, or mindful walks? Document them here and notice how your body and mind responded to them. If not, that's perfectly fine. Consider jotting down one method you'd like to explore in the upcoming week.

SELF-CARE CHECKLIST

Self-care isn't an act but a loving commitment to oneself.

How did you cherish yourself this week?

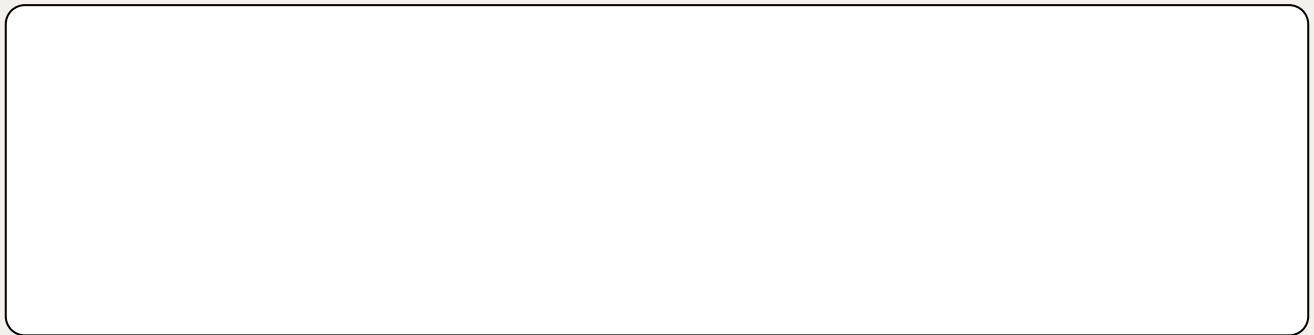
<input type="checkbox"/>	Take a long bath	<input type="checkbox"/>	Engage in a hobby
<input type="checkbox"/>	Read for pleasure	<input type="checkbox"/>	Listen to your favorite music
<input type="checkbox"/>	Go for a long walk	<input type="checkbox"/>	Spend time with a loved one
<input type="checkbox"/>	Practice mindful meditation	<input type="checkbox"/>	Watch a light-hearted movie
<input type="checkbox"/>	Journal your thoughts	<input type="checkbox"/>	Pamper yourself
<input type="checkbox"/>	Try gentle yoga	<input type="checkbox"/>	Take a short nap
<input type="checkbox"/>	Cook a nourishing meal	<input type="checkbox"/>	Go for a swim
<input type="checkbox"/>	Visit a museum or gallery	<input type="checkbox"/>	Practice gratitude
<input type="checkbox"/>	Gardening	<input type="checkbox"/>	Attend a workshop or class
<input type="checkbox"/>	Paint or draw	<input type="checkbox"/>	Explore a new place

Weekly Reflection & Gratitude Journal

REFLECTIONS:

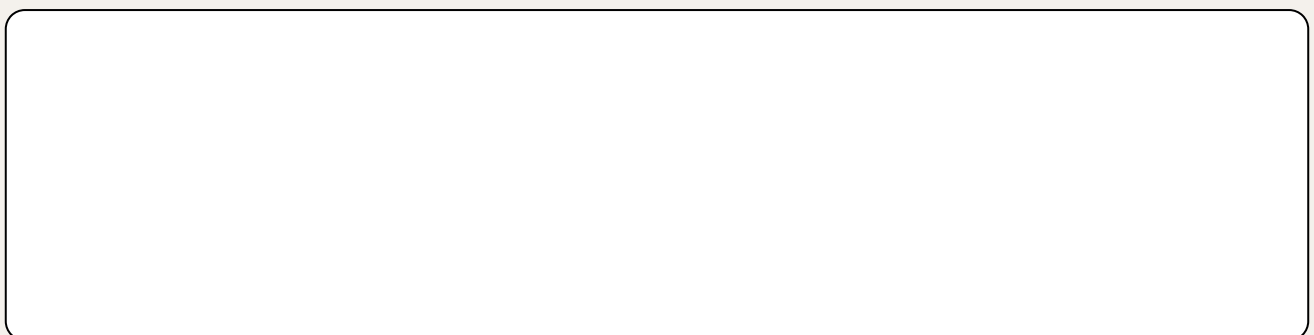
Reflection is a window to observing our growth and understanding our challenges. As we stand at the week's end, let's glance back, not with judgment, but with love and observation. Celebrate your victories, however small they might seem, and acknowledge the hurdles with compassion.

What worked? What felt challenging? Pen down without self-critique, and let these words be your gentle guide toward understanding and evolving on this journey.



GRATITUDE JOURNAL:

Gratitude is a gentle anchor in our moments of chaos and serenity alike. List down three things or moments from this week that sparked a flutter of thankfulness in your heart. It could be a peaceful cup of tea, a warm hug, a moment of clarity, or simply being here, in this moment. Every spark is significant, every gratitude, monumental.



WEEKLY REFLECTIONS

WINS OF THE WEEK

Celebrate your achievements, however small they might be:

CHALLENGES ENCOUNTERED

Acknowledge any struggles or bottlenecks you faced:

LESSONS LEARNED

Identify learnings that can be carried forward:

NEXT WEEK'S PRELIMINARY THOUGHTS

Write down any early ideas or focus points for the upcoming week:

PLANNING AHEAD & NOTES

Charting your upcoming wellness voyage

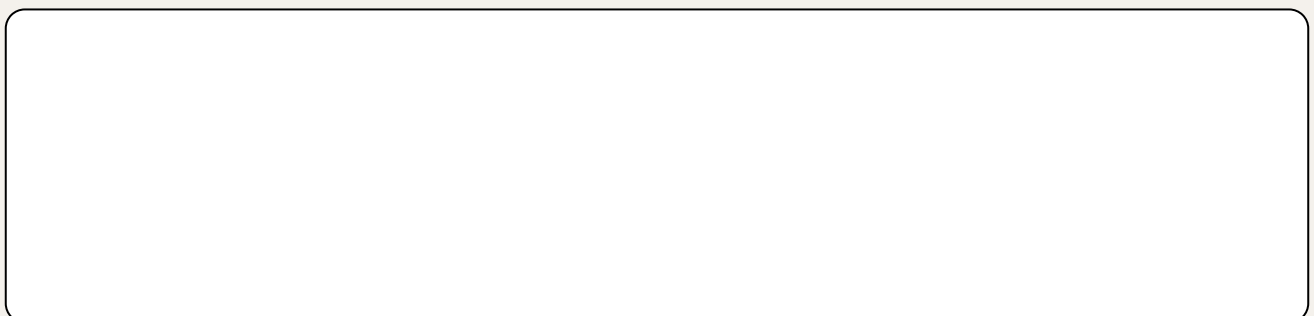
PLANNING AHEAD:

The beauty of planning isn't in stringent schedules but in gently laying a path that guides, not dictates. As we peek into the upcoming week, let's sketch a gentle map. Consider your intentions, goals, and self-care moments that you'd like to weave into your days. Remember, these aren't rigid but flexible, ever-adapting to your journey's ebb and flow.



NOTES:

Your journey is uniquely yours, and every thought, every reflection, is a precious bead in your wellness necklace. Utilize this space to jot down any additional thoughts, feelings, or observations that fluttered through your being this week. Every word is a step toward deeper self-understanding and every reflection, a jewel in your mindful living journey.



LET'S WORK TOGETHER

Your wellness journey is uniquely yours, a beautiful unfolding of self-discovery. If you feel called to dive deeper, to explore further into your well-being and mindfulness, consider joining me in a personalized wellness coaching session. Together, we can navigate through your unique path, exploring with curiosity and unfolding each layer of your wellness journey with kindness and understanding. Your story is waiting to be unearthed, and I am here, ready to walk alongside you in every step of this transformative expedition. Let's journey together.

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