

Introduction

Defining Wellness

It's never too late to make changes that can help you maintain a healthy lifestyle. First, you have to believe it's even possible. You can learn new tools that can make your life easier. *This Wellness Toolkit* will help you take control of **your** life, make healthy choices, and focus on specific areas that you may need to work on. You get to choose what your own goals are and what you want to work on first, set your own pace, and decide who you may need to help you reach your goals.

Wellness involves both the body and the mind. This toolkit covers 8 specific areas of self improvement; Physical, Emotional, Occupational, Social, Spiritual, Community, Financial, and Intellectual. With these new tools, your road to recovery may become a little easier and they can guide you to improved health. For some people, they may want to change different areas in their life to prevent health problems, for others it is to keep a healthy weight, and for others it is to learn how to communicate better and know who to ask for help when they need it. There are tips, exercises, and resources to help you with your goals. Everyone's goals are different and over time, your goals may change, as your life moves forward. This is a good thing!

Sometimes it is not easy to make changes, so share with your friends and family what you are hoping to change, and don't be afraid to ask for support. Change isn't always easy, so don't stress out, and remind yourself, you are worth it and you can do it!

My Wellness Goals:

(Describe what you want to change or improve.)

	<u>Where you are now:</u>	<u>Where you want to be in 1 year? :</u>
Social		
Financial		
Environmental		
Intellectual		
Physical		
Spiritual		
Occupational		
Emotional		