



BOOST

**your
emotional
wellness**



wellness affirmations

Read the affirmations out loud and repeat daily.

I make choices that help me to lead a happy and healthy life.

I stay physically active. I exercise at least 3 times a week.

I eat a balanced diet. I choose nutritious whole foods for my meals and snacks. I eat plenty of vegetables and limit added sugar and salt.

I make sleep a top priority. I go to bed at the same time each night.

I spend time with family and friends. I feel cared for and connected.

I accept myself as I am. I know that I am worthy and whole.

I treat myself with kindness and love. I achieve wellness by taking care of my body and mind.

daily checklist

Support your emotional health and get more out of life by working to include the following into your daily living.

	S	M	T	W	T	F	S
Keep promises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Good nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Regular exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep learning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Be confident	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep a journal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Let go of hurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Visualize your life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Respect yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Respect others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do a good deed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put yourself first	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Live within means	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10 wellness elements

Try to add these elements into your schedule as often as possible.

Find time for adventure

Make time for friends

Surround yourself with loving family

Volunteer your time

Enjoy your favorite hobbies

Get to know your neighbors

Play word games and puzzles

Take regular bubble baths

Put forth your best work

Listen to your favorite music

focus on wellness

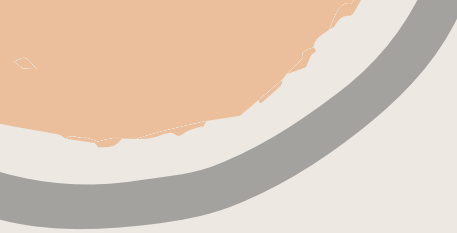
Daily rituals and positive habits can enhance your life and increase your success. Answer the following prompts to discover any areas of need.

Do I stretch or workout every day?

Do I stay focused on my goals each day?

Is my routine consistent and deliberate?

Do I find time within the day for myself?



**Do I find something to
look forward to after
work?**

**Do I under-promise in
order to over-deliver my
daily tasks?**

**Do I get outside during
the day to enjoy the
sunlight?**

**Do I connect with people
I love on a daily basis?**

self-reflection



What is the relationship between life balance and personal wellness? _____
