Wellness Workbook
Hello there,

Please enjoy using this wellness workbook. This is an opportunity to engage your heart, mind and spirit. The hope is that this will give you some various recreational resources that you might enjoy and utilize to stay active in times you may have unexpected free time.

May you be well!

Enjoy!

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How many words can you make out of the letters in this phrase?

“Happiness starts from within”

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Be Grateful 😊

List 48 things you are grateful for:

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List all the things you find or take to the beach
Use your creativity to fill in this MANDALA. There is no right or wrong. Use pens, colored pencils, markers but most importantly enjoy the relaxation that occurs when you get into the “FLOW” of creating something.
Write a letter to yourself....

Dear ____________

I wanted to take a minute to tell you that we have had a good life together. Looking back I am glad that we accomplished

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

The best thing we ever did was

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Thank you self for being great!
What are the good things you have done in life so far? List any volunteer work or times you helped others. Did you know volunteering can help you live longer?

Volunteer work and good things I have done:
Name 20 things you find in a kitchen:

Name 20 things you find in a garage:

Name 20 women’s names that start with an A

Name 20 men’s names that start with an M

Name 20 things that have 4 legs
Who Am I?

List all the adjective you have heard about yourself or you believe about yourself...

You are....
My favorite memory as a child was:

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

My favorite job I have held was:

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

I was very good at:

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
My favorite things to do in my free time have been:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

I have always wished I had:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
My friends in my life who mean the most are:

______________________________________________
______________________________________________
______________________________________________
______________________________________________
______________________________________________

My favorite song was or is:

______________________________________________
______________________________________________
______________________________________________
______________________________________________

My favorite food is:

______________________________________________
______________________________________________
______________________________________________
______________________________________________
______________________________________________
Finish the phrase

Every rose has it’s _____________
Birds of a feather _____________________________
Two peas in ______________________
Busy as a ______________
Happy as a __________
As Fit as a ______________
Laughter is the best __________
An _____________ a day keeps the ________________ away
Better _____________ than never
Practice what you _______________
A women’s ________________ is never ________________
Early bird catches ______________
There is no place like ______________________
Isn’t that the pot calling the ________________ black
Beggers can’t be ___________________
Every cloud as a ________________ lining
__________________ speak louder than words
Blood is ____________________ than water
As cool as a __________________________

Where there is smoke there is ______________

You can’t judge a ____________ by it’s ______________

Cold ______________ means a warm ______________

Good things come to ______________

The grass is always ______________ on the other side

All is fair in ______________ and ______________

Did you wake up on the ______________ side of the ______________

Pleased as ______________

You can’t teach an ______________ new tricks

Don’t count your ______________ before they

______________
How many kinds of birds can you list?

How many kinds of flowers can you list?
Look around your room....Be observant

How many things do you see that are red? List them all

How many things do you see that are green? List them all

How many things are purple? List them all

How many things are orange? List them all
Can you list the months in Alphabetical Order?

How long does it take you?

1. 
2. 
3. 
4. 
5. 
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Can you draw a clock showing 4:15

Can you draw a clock showing 2:50

What is your favorite time of day?
What would you do ..... 

IF YOU HAVE WON A MILLION DOLLARS!!!!

What would you do with the money?
When is the last time you laughed?

What made you laugh?

What TV show makes you laugh?

What family member or friend makes you laugh?

You are going to feel silly – but do a fake laugh for 30 seconds. You will increase your seritonin ...
Look out your window... What do you see

LIST EVERY DETAIL this is good exercise for your brain!
What is the best advice you were ever given?

What is the advice you would give the young people today?
I just called to say …..

People you would like to call:

1.

2.

3.

4.

5.

What do you want to tell them? Make some notes
Things to do when you have free time:

• Call someone you love to say hello
• Write a friend a letter
• Shred newspaper for a dog shelter
• Listen to music
• Watch a favorite movie
• Pray or reflect on what you love
• Sing a song to your self
• Do this Packet

Thank you for taking time to exercise your brain and stay active!