

WELLNESS WORKBOOK

BY THE TEA TONIC

Welcome to your Wellness Workbook—a personal guide designed to inspire, empower, and support you on your journey to greater well-being. Within these pages, you'll find thoughtful prompts, practical exercises, and gentle encouragement to help you nurture your mind, body, and spirit. Whether you're seeking balance, growth, or simply a moment of reflection, this workbook is here to accompany you every step of the way. Take a deep breath, open your heart, and let's begin this journey toward a healthier, happier you!



Introduction

WHAT IS WELLNESS



The Wellness Workbook was born out of a deep desire to empower individuals to take control of their mental, emotional, and physical well-being.

Whether used independently or as part of a therapeutic journey, the workbook aims to nurture a sense of hope and empowerment, reminding readers that wellness is a continuous journey—one that begins with small, deliberate steps toward a healthier, happier self.



Section 1

SETTING YOUR GOALS

Set clear, inspiring goals to nurture your mind, body, and spirit, guiding your journey to lasting wellness. Focus on achievable steps that motivate and empower you every day.

30 DAYS

ACTION PLAN

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60 DAYS

ACTION PLAN

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90 DAYS

ACTION PLAN

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Section 2

LET'S ASSESS

Let's take a moment to reflect on your current well-being—identify what's thriving and what needs more attention. This assessment will guide you toward a healthier, happier you

How will you rate the following					
	Never	Rarely	Sometimes	Always	
PHYSICAL	I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
	Never	Rarely	Sometimes	Always	
EMOTIONAL	I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I am able to cope when stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 3

PLANNING AHEAD

"Planning ahead paves the way for a healthier, more balanced life—empowering you to set intentional goals and nurture your well-being with confidence. With each thoughtful step, you're building a foundation for lasting wellness and inner harmony."



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Section 4

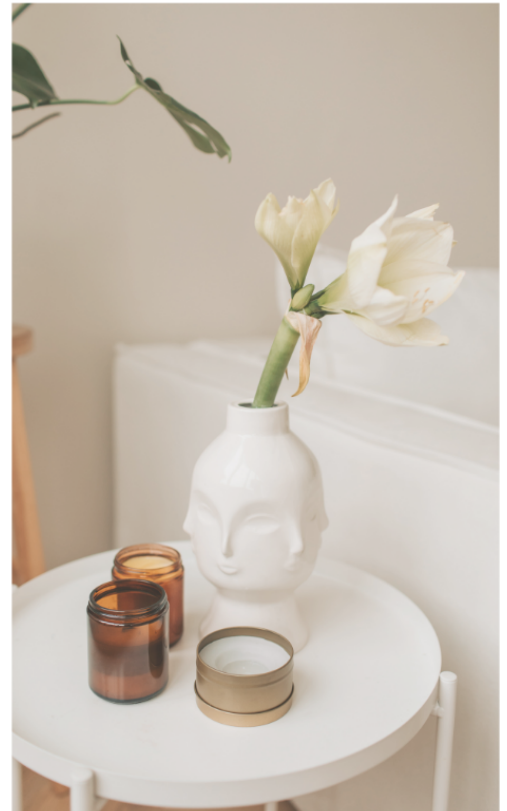
CHECKLIST

Physical activities for the week

- ☐ Exercise and/or go for a walk
- ☐ Eat healthy food and snacks
- ☐ Get 7 hours of sleep per night
- ☐ Enjoy stillness and/or meditate
- ☐ Spend time in nature

Emotional activities for the week

- ☐ Journal
- ☐ Listen to favorite music
- ☐ Spend time with family/friends
- ☐ Practice meditation
- ☐ Do something fun





Section 5

ACTION STEPS

1

Insert your task or questions here.

2

Insert your task or questions here.

3

Insert your task or questions here.
