

FULL LIVING WELLNESS

Wellness Workbook

The 8 Domains of Wellness



This workbook serves as a comprehensive guide to help you craft your day, week, and reflections on wellness, incorporating The Eight Domains of Wellness. It's designed to empower you with practical tools for holistic self-care and personal growth.

PURPOSE OF THIS WORKBOOK

At Full Living Wellness, we understand that many of the goals you are working towards not only focus on wellness but also require the right wellness tools to help you continue healing. Emotional regulation, physical health, and mental clarity are essential components of any deep therapeutic work, especially when navigating challenging experiences like trauma recovery or relationship repair.

This workbook is designed to support you in creating a balanced wellness routine that nurtures your mind, body, and spirit. By exploring the different areas of wellness and developing personalized strategies, you will gain the tools needed to stay regulated and resilient during your healing journey. Think of this workbook as a guide to help you cultivate a routine that aligns with your goals, so you can maintain a strong, healthy foundation as you continue your work in therapy.

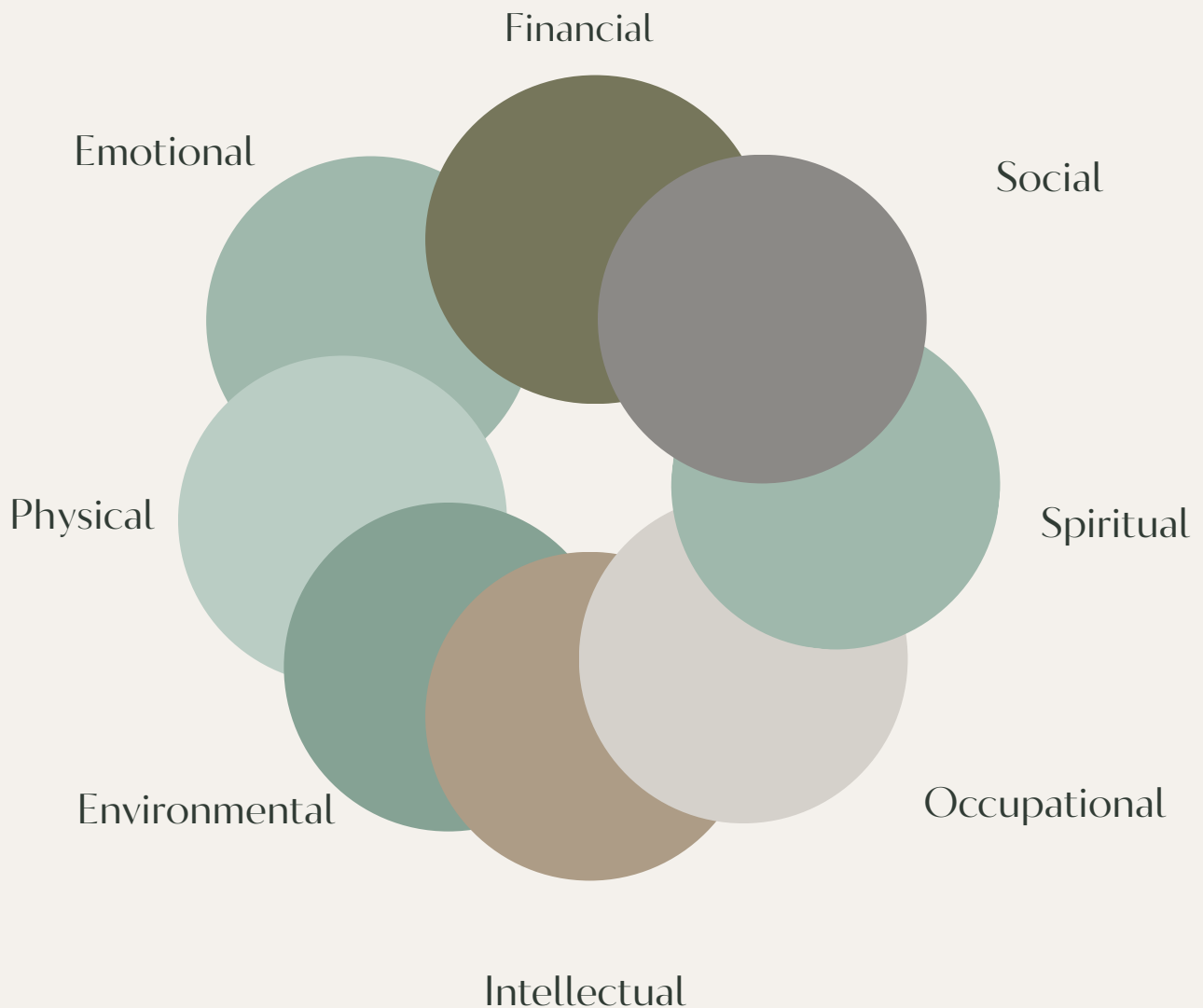




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8 Domains of Wellness



Wellness is a dynamic and multi-dimensional journey that involves balancing various aspects of your life. Each domain of wellness plays a crucial role in your overall well-being.

By nurturing each area, you can create a harmonious life that supports emotional regulation, growth, and resilience, especially during times of emotional work and healing.

REVIEW OF THE 8 DOMAINS OF WELLNESS

Physical Wellness

Physical wellness is about taking care of your body through regular exercise, balanced nutrition, proper rest, and preventive health care. When your body is well-nourished and in good shape, you'll have the energy and strength to navigate emotional challenges.

Emotional Wellness

Emotional wellness involves understanding and managing your emotions, as well as developing healthy coping strategies. By being emotionally aware and resilient, you're better equipped to handle stress, process difficult feelings, and maintain a positive outlook during challenging emotional work.

Intellectual Wellness

Intellectual wellness encourages you to engage in lifelong learning and mental stimulation. It involves expanding your knowledge, fostering creativity, and embracing new ideas. Intellectual growth helps you build critical thinking skills that can aid in problem-solving and emotional resilience.

Social Wellness

Social wellness is about building and maintaining positive, supportive relationships. It's important to surround yourself with people who uplift and encourage you, while also setting healthy boundaries. Strong social connections help you feel supported and less isolated as you work through emotional challenges.

Occupational Wellness

Occupational wellness relates to finding purpose and satisfaction in your work. It involves creating a healthy work-life balance and pursuing goals that align with your values. A fulfilling career or occupation can provide a sense of achievement and contribute to your overall well-being.

Financial Wellness

Financial wellness involves managing your finances in a way that reduces stress and supports your goals. This includes budgeting, saving, and planning for future needs. By achieving financial stability, you can reduce anxiety and gain more freedom to focus on personal growth and emotional work.

Environmental Wellness

Environmental wellness involves living in harmony with your surroundings and ensuring your environment is supportive of your well-being. This includes organizing your living and work spaces, as well as minimizing harmful stressors in your environment. A positive environment can significantly impact your emotional state and overall health.

Spiritual Wellness

Spiritual wellness focuses on your sense of purpose, inner peace, and connection to something greater than yourself. This may involve religious practices, mindfulness, or finding meaning in life's experiences. Cultivating spiritual wellness provides a grounding foundation for navigating difficult emotions and life transitions.

REVIEW OF THE 8 DOMAINS OF WELLNESS

Physical Wellness

- Exercise Routine
- Meal Prep & hydration
- Sleep Tracking
- Doctor visits (PCP, dentist, OBGYN)
- Tracking steps
- Deep breathing
- Sexual health

Emotional Wellness

- Gratitude journals
- Parts work
- Thought challenging
- Emotion wheel
- Positive Affirmations
- Grounding tools
- Connecting with community

Social Wellness

- Setting boundaries
- Showing up for others
- Advocating for your values
- Going to community events
- Having diverse community

Intellectual Wellness

- Learning something new
- Exposure to a variety of topics
- Poetry
- Problem solving & puzzles
- Going outside of your usual (try a new route home).

Occupational Wellness

- Feeling purpose driven
- Feeling appreciated and valued
- Work-life-balance
- Professional development
- Creating the change you want to see in the world

Environmental Wellness

- Clean and comfortable living space
- Sustainable living space
- Connection to nature
- Organization/declutter
- Aesthetics and enjoyment of senses

Spiritual Wellness

- Meditation & breath work
- Connection to sense of self
- Acting from values
- Connection to higher self/power
- Connection with body & nature
- Aiding others
- Gratitude
- Self-trust/ inherent trust in others

Financial Wellness

- Financial goals & education
- Sense of security
- Access to your time and medical needs
- Housing and lifestyle goals
- Shopping habits

RATE YOUR DOMAINS

LOOK AT THE DOMAINS BELOW AND RATE YOURSELF BETWEEN 1-10
WITH HOW FULFILLED ARE IN EACH CATEGORY.

PHYSICAL

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

EMOTIONAL

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

SPIRITUALITY

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

OCCUPATIONAL/PURPOSE

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

ENVIRONMENT

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

INTELLECTUAL

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

SOCIAL

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

FINANCIAL

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				



WEEKLY INTENTIONS AND GOALS

WEEKLY INTENTIONS:

Intentions set the tone for your week, providing clarity and direction as you move through daily tasks and challenges. They serve as a reminder of what you value and what you want to prioritize. This section will help you define clear, actionable intentions that align with your broader goals.

Intentions

Think about the qualities or values you want to focus on this week. These can be guiding principles, such as patience, self-compassion, or focus. Write down what resonates with you for the upcoming week.

Goals

Next, set specific, measurable goals that will help you stay on track. These could be related to work, wellness, relationships, or personal growth. Make sure your goals are realistic and achievable within the week.

"Your intentions create your reality." – Wayne Dyer



SMART GOALS MAPPING

CONCRETE GOALS ARE YOUR WELLNESS MILESTONES. LET'S SET
GOALS THAT ARE SMART:

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

"Self-care is giving the world the best of you, instead of what's left of you." –
Katie Reed



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 wellness goal for today.

MOOD & ENERGY LEVELS

Honor your emotions and energy without judgment. How did you feel today? Set your goals based on the cues your mood and body are giving you, instead of what you "should be doing."

JOYFUL MOMENTS AND CHALLENGES

Celebrate the moments of joy and acknowledge the challenges. Embracing both allows us to honor our entire journey, learning and growing with each step we take.



SELF-CARE & RELAXATION

CRAFTING MOMENTS OF SELF-LOVE

SELF-CARE GUIDE:

Self-care is about consistently making time for yourself and prioritizing your well-being. How did you take care of yourself this week? Think about the moments when you made space for yourself – whether it was taking a break, going for a walk, or doing something that helped you relax. Reflect on how these small acts of self-care contributed to your overall well-being and reminded you of your worth.

RELAXATION TECHNIQUES:

Relaxation is not about escaping, but about reconnecting with a sense of calm. Did you try any relaxation techniques this week, such as deep breathing, light yoga, or a mindful walk? Write about how your body and mind responded. If you didn't, that's okay too. Consider choosing one relaxation method to try in the coming 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 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"/>	Yoga or stretching	<input type="checkbox"/>	Take a 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"/>	Nature and/or gardening	<input type="checkbox"/>	Attend a workshop or class
<input type="checkbox"/>	Paint or draw	<input type="checkbox"/>	Explore a new place



LOOKING FOR SUPPORT?

Full Living Wellness offers services throughout PA, NJ, and FL.

- Individual Therapy
- Couples & Pre-Marital Therapy
- Supervision towards LPC
- Group Therapy: Nourish- Building a healthy relationship with food
- BCBA Parent Coaching
- BCBA Neurodivergent Social Skills Group

[SCHEDULE A FREE CALL](#)



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