

MASTERCLASS

HEALTHY ME



[CLICKE HERE TO GET STARTED](#)

Password: happy



THANK YOU FOR YOUR

Purchase

Take the time to make yourself familiar with the dashboard. Enjoy this workbook, and take your time. I am only an email away!

Elise

Print the following pages

Tune into your wellness

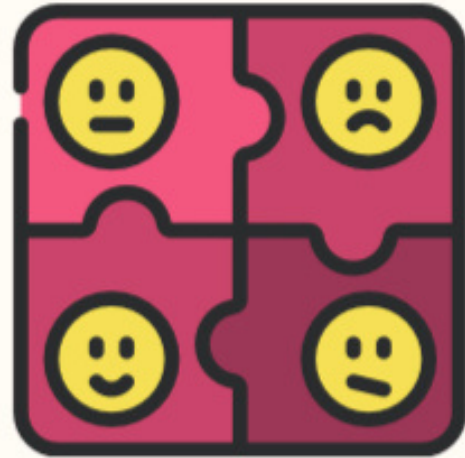
We are always looking for balance and clarity, and it's hard when feeling out of sorts. The four aspects of wellness are mental, emotional, and spiritual. This workbook is designed to help introduce you to the many aspects of wellness and give you the creative insight to self-actualize.

Mental



psychological and social

Emotional



feelings and coping

Spiritual



beliefs and higher truths

“The best way out is always through.” - Robert Frost

MENTAL WELLNESS

To balance our overall wellness, we need to start with our mindset first. When we allow ourselves to think before reacting, we will have a better time communicating. As a result, we can understand and empathize with others and ourselves. Creating a method to adhere to can be difficult, but anything is possible through accountability, responsibility, and courage.

Note to Self



A large white circle with a pink border, containing the text "Note to Self" and a pink icon of a head profile with a heart inside.

✓ Tasks

-
-
-
-
-
-

A pink rounded rectangle containing a checkmark icon and the word "Tasks". Below it are six horizontal pink bars, each preceded by a small square checkbox.

Schedule

Eight horizontal pink rounded rectangles stacked vertically, intended for scheduling.

Goals

A large pink rounded rectangle with the word "Goals" written in a pink rounded rectangle at the top.



"In any given moment, we have two options: to step forward into growth or to step back into safety." -Abraham Maslow

EMOTIONAL WELLNESS

Emotional balance is another critical aspect of wellness, and if we are to become successful in dealing with future stress, we need to form positive steps and systems. Let's start with changing self-limiting beliefs that directly affect our emotional balance.

Become Mindful

Repeat Your New Belief

Affirmations

“Man needs difficulties; they are necessary for health.” – Carl Jung

SPIRITUAL WELLNESS

As we work towards bringing our aspects of wellness into balance, we look for truth, clarity, and, most importantly, connection. Spirituality is a part of wellness that can help you find something to believe in and trust. We are all capable of tapping into our intuition and also our empathic abilities. Spend time researching different belief systems and practices to understand your direction with your spirituality.

"A good laugh and a long sleep are the best cures in the doctor's book." – Irish proverb

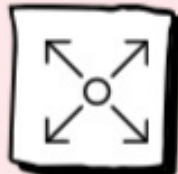
WHAT DO YOU BELIEVE IN?

Spiritual Team

Spirit Animals

Other Signs

Name: _____



AWARE AND RELEASE



Let's acknowledge the things we don't have with the things we will have. Spend some time below releasing things that are not serving you and call in what we want on the right side.

What am I willing to see and release to call new energy in?

I will not _____ I will = _____

I can't _____ I can _____

I am not _____ I am _____

I have not _____ I have _____

I don't see _____ I see _____

What are some people, things, places and habits that need to go?

Who = _____

What = _____

Where = _____

Why = _____

How Long have I been suffering? _____

TIME TO DIVE DEEPER

Now that you have indicated the areas of your life where you are struggling lets start asking the questions to uncover the answers.

“Remain calm, because peace equals power.”- Joyce Meyer

What in my life motivates and inspires me to take action?



List all the things that bring you Joy and Happiness!

Two empty rectangular boxes for writing, with a pink pencil pointing to the right box. The pencil is white with a pink eraser and a pink tip. The boxes are outlined in black and are empty.

Write a positive description of how others may perceive you.

List 3 things you can do in the next 30 days to be more happier:

Blank space for writing the list of 3 things.

Important Notes

“To keep the body in good health is a duty...otherwise we shall not be able to keep the mind strong and clear.” – Buddha

Journaling can help bring all your discoveries into perspective. Take some time to reflect on what you have uncovered. If you need more direction don't hesitate to book a customizable life coaching session.



MONTHLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES AND IDEA

YOUR THOUGHTS
DAILY JOURNAL

DATES :

MOOD :

GOAL

TO DO LIST

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