

DAY 1

WELLNESS BOOTCAMP

Pillars of Health



Introduction KNOW YOUR WHY



Before diving into the Pillars of Health, find your WHY! This is going to be the driver(s) of commitment to yourself. Your WHY, or Sankalpa, is what allows you to create new habits!

YOU
ARE
IMPORTANT

Self Reflection

Know Your Why

MAIN DRIVERS

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-
-
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SUPPORTING REASONS

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-
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DESIRED OUTCOMES

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-
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Pillars

LET'S ASSESS

These 5 pillars of health are the main structures that make up health and happiness!
Let's assess how you feel you are doing with each one!

How will you rate the following					
	Never	Rarely	Sometimes	Always	
NUTRITION	I eat fruits and vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I drink enough water (1.5 litres +/-)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I feel great after a meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I stop eating at 7pm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I manage my cravings with whole foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
	Never	Rarely	Sometimes	Always	
SLEEP	I get 7 to 8 hours sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I go to bed at the same time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I wake up in the middle of the night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I wake up feeling rested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

EXERCISE

How will you rate the following

	Never	Rarely	Sometimes	Always
I move my body for 15 min	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I mix different types of exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I choose workouts I love	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I challenge my body with new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I stretch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

REST

How will you rate the following

	Never	Rarely	Sometimes	Always
I breathe deeply	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I meditate and observe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I turn off all social media	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take time to switch off	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following

FEELINGS

	Never	Rarely	Sometimes	Always
I love myself and my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tell myself kind words	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know I am more than my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I acknowledge my emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I nurture my mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What can I do better?

A series of 18 horizontal dotted lines for writing.