

*I feel good,  
I knew that I would now  
—James Brown*

~

### **Holistic/wellness checklist**

What's most important for my wellbeing right now?

What do I need more of?

What do I need less of?

How can I tell?

How can I make what needs to happen happen?



How is my

Routine

Sleep

Nutritious diet

Exercise/movement

Standing (if been sitting)

Yoga/stretch

Hydration/water intake

Getting outside/being in nature

Relationship (if applicable) connection

Family connection

Friends/community connection

Work assignment

Self connection & self compassion

“Me” time

Play, leisure, intentional nothing

Creativity, inspiration, enrichment

Meaning/purpose

Substance use harm reduction management (or abstinence if necessary)

Medication compliance

Sacred/spiritual practice

Mindfulness/meditation practice

Researching \_\_\_\_\_

Repairing \_\_\_\_\_

Service/contribution

Self-compassion & self-connection

Priorities

Needs  
Goals  
Values  
Other: \_\_\_\_\_



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