

# WELLNESS PLANNER

wellit

Create an action  
plan with step-by-  
step guidance

HOW TO  
USE THIS PLANNER

1. Identify your goal  
2. Break it down into steps  
3. Assign a date to each step  
4. Track your progress

1  
2  
3  
4

Step Tracker

Step	Start Date	End Date	Status
1			
2			
3			
4			

Goal Setting Tracker

Goal	Start Date	End Date	Progress

Mood Tracker

Date	Mood

THE AUTHOR



# The Wellness For Life Workbook

**Karin Nielsen-Saines**



## **The Wellness For Life Workbook:**

Delve into the emotional tapestry woven by Emotional Journey with in Dive into the Emotion of **The Wellness For Life Workbook** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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