



DAY 1: WHAT IS HOLISTIC WELLNESS?

Refer to what you learned from today's email to complete this page. Be sure to set aside time today to complete the activity for the day.

Define Holistic Wellness:

Mind:

Body:

Soul:

Activity:

Create a one page vision aid to post on your bathroom mirror, refrigerator or some other common area that you will see often that will remind you to pay attention to the fact that you are a 3 part man on a daily basis!

Tips - Aesthetics and Location are two very important factors in making this effective. So that means 1. Make it attractive and eye catching and 2. Put it someplace that you will definitely see it.