Wellness Wheels

Wellness Wheels

- Be simple
- Be kind
- Attend to your own inner health & happiness (This may take a little self discipline)
- Do not strain after the needs of life
- It is sufficient to be quietly alert & aware of them
- Life is here to enjoy



INSPIRATIONS

If it is to be, it is up to me.

Make time for exercise within the limitations of your illness

Today's problems cannot be solved by thinking the way we thought when we created them

Try not to become just a spectator

There are no mistakes only lessons

STEPPING STONES

Nutrition
Water
Exercise
Rest
Sunshine
Sleep
Preventative Health Care

Simplicity
Discipline
Knowledge
Goal Setting
Handling -
- Money
- Work
- Time
- Change

Balance

Do you read books?

The art of living is staying "young" as long as possible

Are you well informed on current issues?

My work of art is my life

Listen to the voice within, the inner guide to wisdom

The purpose of life, is a life of purpose

Today well lived makes every yesterday a dream of happiness, and tomorrow a vision of hope

Fan the tiny sparks of possibility into flames of achievement

Do you want to be happy, or do you want to be right?

When did you last do something just for fun?

Practice daily acts of kindness. Cultivate richer relationships

CORNERSTONES

Well Body	Smart Mind
Passionate Heart	Live Spirit

Passion
Attitudes
Enthusiasm
Purpose
Motivation
Laughter
Play
Self esteem

Solitude
Reflection
Meditation
Mindfulness
Transcendence
Nature
Music
Virtues
Relationships

I'm special.... in all the world there is nobody like me

Happiness is like a butterfly. The more you chase it, the more it will evade you. But if you turn your attention to other things, it will come and sit softly on your shoulder.

- Live differently
- Love more lavishly
- Laugh more often
- Find goodness & beauty
- Put your loved ones first
- Sleep & rest more
- Value vacation more than overtime
- Forget the trivial
- Forgive the offence
- Be more grateful
- Believe in the value of NOW
- Be more spiritual
- Be the change you want to see in the world
- Who we are matters to everyone else.