

**EAT WELL.
BE KIND.
MOVE DAILY.
DRINK WATER.
SLEEP LOTS.
LOVE YOUR BODY.**

**MIND + BODY + SOUL
SUPPER SET**

SOUL SUPPER: WELLNESS

what does well-being
look and feel like
in your mind,
body + soul?

how do you feel at
this moment?
both mentally
and physically.

what is taking up
most of your
headspace at
the moment?

does your
energy-in match
your energy-out?

what are some
things you currently
do that contribute to
your productivity,
happiness and
well-being?

are you happy with
your life currently?

If not, what do you
need to do to
feel so?

do you use
your days
or
do you fill
your days?

what is the most
loving and
supportive thing
you can do for
yourself right now?

what is something
you are looking
forward to?

what are you most
excited about?

when was the last
time you moved
your body
with intention?

what habit was the
most helpful and
transformative for
you this year?

how do you
feel supported
by others?

how do you
support others?

when you listen to
your body, what does
it need? a deep
breath? movement?
nourishment? rest?

what are some
things that you are
truly grateful
for right now?

what is one thing
you can do to
improve your life
for today?

what emotion
are you most
comfortable
experiencing?

do you have enough energy-charging habits to balance out your energy-draining habits?

what was your biggest mental health struggle this year?

how can you be more patient with yourself and your growth?

do you feel like societal pressures negatively affect your well-being?

when you feel stressed or anxious, how do you come back to yourself?

what gets you excited about life?

is there a way you can bring more of this energy into your daily routine?

what do you need to heal your body right now?
are there steps you can take to make this happen?

what is going really well for you in your life right now?