**Week 1**

**7 Dimensions of Wellness**

- Re-used something I almost threw away
- Talked to a friend about an emotional stressor
- Went to lunch with a friend I hadn't seen in awhile
- Left work at work this weekend
- Signed up for personal training

- Emotional
- Social
- Occupational
- Physical
- Spiritual
- Intellectual
- Environmental

---

**Week 2**

**7 Dimensions of Wellness**

- Bought a new LED lightbulb
- Took a long bubble bath
- Game night with my kids
- Signed up for an L&D class
- Worked out twice this week with the personal trainer

- Emotional
- Social
- Occupational
- Physical
- Spiritual
- Intellectual
- Environmental

---