

IMPACT CORNER



WELLNESS 360 IMPACT CORNER WORKBOOK





Welcome to the Impact Corner



This creative journaling expedition is designed to inspire self-reflection, growth, clarity, and even the possibility to foster meaningful connections. The only skills you need to participate are presence and curiosity. Whether you're a seasoned journaler or not, this session offers a moment of pause to explore your inner world and, if you choose to do so, share your insights with others. Through guided prompts and an open chat dialogue, you'll discover how this process can be a powerful tool for personal growth, a mindful practice for a busy life, and an avenue to building lasting relationships.

There is no "right" writing here. You arrive as you are and participate in any way that suits your needs today. Bullet points and scribbles will work as well as flowery prose when you find a method that works for you. If journaling and interaction aren't your cup of tea today, try puzzling, doodling, or coloring while listening in. In fact, you will find small graphics on each page and an entire page of these "tiny wins" at the end of this booklet. You are encouraged to color or pattern these images as you would like anytime you need a small victory in your day and a dose of joy.

Are you ready to pause, breathe, reflect, and connect?

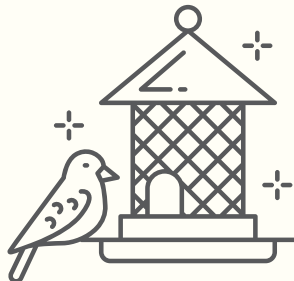


Let us begin...



"Wellness is the complete integration of body, mind, and spirit — the realization that everything we do, think, feel, and believe has an effect on our state of well-being."

— Greg Anderson



Occupational Wellness

What's one action I can take in my current role to work more comfortably?

How do I define success in my career beyond promotions and titles? What legacy do I want to leave through my work?

This time next year – what has remained the same and what has changed? Or what do you hope it would be like?



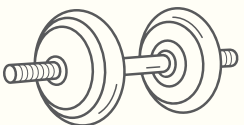
"The truth is, no matter what your lifestyle or occupation, nothing can really stop you when you're allowing yourself to be exactly who you want to be." — Hayley Williams

Physical Wellness

What signals does my body send when it needs attention, care, or rest? How often do I ignore or misinterpret these signals, and why?

What foods make me feel most connected to myself and the world around me? How do they influence not just my energy, but my emotions and mindset?

How do I feel about my body's relationship with time? What can I do to support it as I grow older with grace and vitality?



"Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries."
— Mark Halperin

Intellectual Wellness

When do I feel most mentally stimulated? How can I seek out more experiences or conversations that fuel this stimulation?

What is one question about the world or myself that I've always wondered about but never pursued deeply? How could I start exploring it now?

What recent mistake or failure taught me the most, and how did it shape my understanding of myself and the world?



"It's up to you today to start making healthy choices. Not choices that are just healthy for your body, but healthy for your mind." — Steve Maraboli



Emotional & Spiritual Wellness



What would I thank my past self for?

What practices help me reconnect with my sense of awe and wonder, and how can I prioritize those experiences?

How do I define inner peace, and what steps can I take to create more of it in my daily life?

"And still, I rise." — Maya Angelou

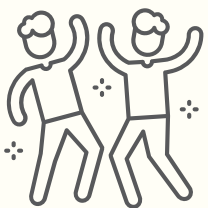


Social Wellness

How have other people in my life brought out good qualities in me?

Is there anyone in my life I'd like to get to know better or spend more time with?

How are you making the world a better place for those who come after you?



"Social progress makes the well-being of all more and more the business of each." — Henry George

Wellness



... And just a few more prompts for the road of life:

What new skill or area of knowledge excites me, and how can I make space to explore it in my daily life?

If I viewed movement as a celebration of what my body can do, rather than a chore, what activities would I embrace, and how would it change my approach to fitness?

In what ways have I been punishing my body instead of nurturing it? How can I shift toward a mindset of appreciation and compassion for the physical vessel I live in?

How does my body hold onto stress, and what practices truly help me release it? What deeper fears or beliefs might be tied to this tension?

What skills or talents do I feel are underutilized in my current role at work, and how can I find ways to express them?

How do I handle work-life balance, and in what ways could I create healthier boundaries to support both my career and personal well-being?

How does my relationship with sleep reflect my relationship with self-care and boundaries? Where am I allowing stress or distractions to interfere with rest and recovery?

"The Unwritten Chapters": If your life were a book, what chapters would you have left unwritten because of fear, doubt, or circumstances? What would it look like if you wrote those chapters now?

"The Mirror's Truth": Imagine having a conversation with your reflection where it reveals your hidden strengths, fears, and unspoken desires. What truths would it tell you that you've been avoiding?

"The Road Not Taken": Think of a significant decision in your life that you didn't make. How would your life be different now if you had chosen the alternative path, and what does this reveal about your values and priorities?

"The Portrait of Self": If you were to paint an abstract portrait of yourself representing your emotions, experiences, and inner world, what colors, shapes, and textures would you use? What story would the painting tell?

"The Voice Within": Identify a belief you hold about yourself that was shaped by someone else's opinion. Explore how this belief has influenced your actions and mindset, and consider what your life would look like if you redefined it in your own terms.

What emotion do I avoid the most, and what message could it be trying to tell me about my inner world?

What social environments drain my energy, and how can I gracefully distance myself from them?



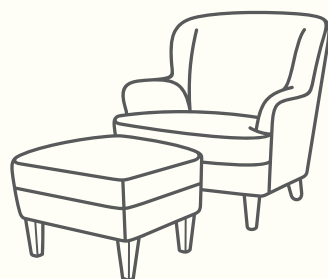
What part of my spiritual journey feels incomplete, and what might I explore next to deepen my connection to something greater than myself?

How can I create space for my emotions without judgment, and what does this reveal about my relationship with self-compassion?

When have I felt most aligned with my higher purpose, and what was I doing in that moment?

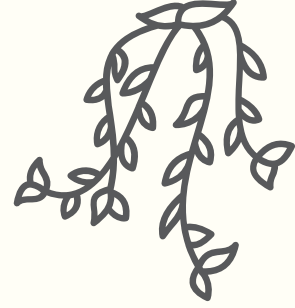
"It is not how much we have, but how much we enjoy, that makes happiness." — Charles Spurgeon

Wellness



"Trust thyself: every heart vibrates to that iron string." — Ralph Waldo Emerson

Wellness



"Wellbeing cannot just exist in our own head. It is a combination of actually having meaning, good relationships, and accomplishment." — Martin Seligman



Wellness



"Doing a kindness produces the single most reliable increase in momentary wellbeing than any other exercise we have tested." — Martin Seligman

Tiny Wins



"Start where you are. Use what you have. Do what you can." — Arthur Ashe

