



AMARA

woman

WELLNESS JOURNAL

DR. YVETTE MAUREEN

Welcome to The AMARA Woman Wellness Journal Challenge

A challenge that integrates all dimensions of wellness

Introduction

This challenge is designed to push you toward becoming your best total self through reflection, journaling, and activity. As the creators of this challenge, we hope to provide you tools and resources to help you navigate balancing your emotional, social, spiritual, and mental health for total well-being and self-responsibility. As you commit to each week, there are a compilation of thought-provoking and soul-searching exercises that will require your attention and intention. In addition, emotional and nutrition checkpoints are provided to help you gauge your progress in meeting your fitness and personal goals.

The Amara Woman Wellness Journal includes:

- **Motivation Central** asks you to reflect on your weekly inspiration while affirming the next positive step to take after working out.
- **Gratitude Moments** provide you an opportunity to express feelings of gratitude and appreciation each week. Inspirational and instructional quotes are integrated within the journal pages so that you may respond to your most intimate thoughts or write on a given topic.

Thank you for accepting The Fit Life 8-Week Journal Challenge. We look forward to growing with you.

Dr. Yvette Maureen | @AMARA.Woman

Overview

Before you get started, write a letter to yourself describing your current self with details of your skills, fears, and key values. Seal it and store in a safe place. At the completion of week 8, open and read that letter. Journal your growth and set new intentions.

MONTHLY

Journal 8 wellness goals that balance 2 mental, 2 social, 2 physical, and 2 spiritual goals for total well-being and self-responsibility.

For example:

- **Mental:** Take a social media break. Spend time with nature. Drop a bad habit. Tame negative thoughts.
- **Social:** Compliment someone new every day. Catch up with old friends. Ask for help.
- **Physical:** Get 8 hours of sleep each day. Try a new kickboxing class. Declutter my space
- **Spiritual:** Read and meditate on one scripture daily. Practice self-compassion.

BI-WEEKLY

Weigh in twice per month. Journal your training and nutrition challenges as well as your victories.

Explore one new hobby or extracurricular activity twice per month. Journal your experience.

For Example:

- Watch a movie on the lawn. Attend a concert or play.

WEEKLY

Read one wellness article or book each week and journal a key takeaway from the piece.

Write one new affirmation weekly to affirm and journal your weeks' focus.

For Example:

- I am blessed with loving friends and family.
- I welcome financial, emotional, spiritual, and physical stability into my life.
- I welcome love, success, happiness, inner peace, and clarity into my life.

Write a letter to yourself describing your current self with details of your skills, fears, and key values. Seal it and store in a safe place.		Date: ____ / ____ / ____ - ____ / ____ / ____
WEEK 1	Your wellness goals for total well-being and self-responsibility.	Training + Nutrition
	Mental:	Weight:
	Social:	What were your training challenges?
	Spiritual:	What were your nutrition challenges?
	Physical:	What were your victories?
Weekly affirmation and focus:		Date: ____ / ____ / ____ - ____ / ____ / ____
WEEK 2	What new hobby or extracurricular activity did you explore?	
Weekly affirmation and focus:		Date: ____ / ____ / ____ - ____ / ____ / ____
WEEK 3	Read one wellness article or book.	Training + Nutrition
	Write down a key takeaway from the piece:	Weight:
		What were your training challenges?
		What were your nutrition challenges?
		What were your victories?
Weekly affirmation and focus:		Date: ____ / ____ / ____ - ____ / ____ / ____
WEEK 4	Read one wellness article or book.	
	Write down a key takeaway from the piece:	
	What new hobby or extracurricular activity did you explore?	

Weekly affirmation and focus:		Date: ___ / ___ / ___ - ___ / ___ / ___
WEEK 5	<p>Read one wellness article or book. Write down a key takeaway from the piece:</p> <p>Your wellness goals for total well-being and self-responsibility.</p> <p>Mental:</p> <p>Social:</p> <p>Spiritual:</p> <p>Physical:</p>	<p>Training + Nutrition</p> <p>Weight:</p> <p>What were your training challenges?</p> <p>What were your nutrition challenges?</p> <p>What were your victories?</p>
Weekly affirmation and focus:		Date: ___ / ___ / ___ - ___ / ___ / ___
WEEK 6	<p>Read one wellness article or book. Write down a key takeaway from the piece:</p> <p>What new hobby or extracurricular activity did you explore?</p>	
Weekly affirmation and focus:		Date: ___ / ___ / ___ - ___ / ___ / ___
WEEK 7	<p>Read one wellness article or book. Write down a key takeaway from the piece:</p>	<p>Training + Nutrition</p> <p>Weight:</p> <p>What were your training challenges?</p> <p>What were your nutrition challenges?</p> <p>What were your victories?</p>
Weekly affirmation and focus:		Date: ___ / ___ / ___ - ___ / ___ / ___
WEEK 8	<p>Read one wellness article or book. Write down a key takeaway from the piece:</p> <p>What new hobby or extracurricular activity did you explore?</p>	
<p>LAST DAY OF THE WEEK. Open and read the letter you wrote at the start of The Challenge. Journal your growth and set new intentions.</p>		