

Quantin Binnah
Community Centre



Live your Best Life!



Wellness Workbook

Adults
ages 15+



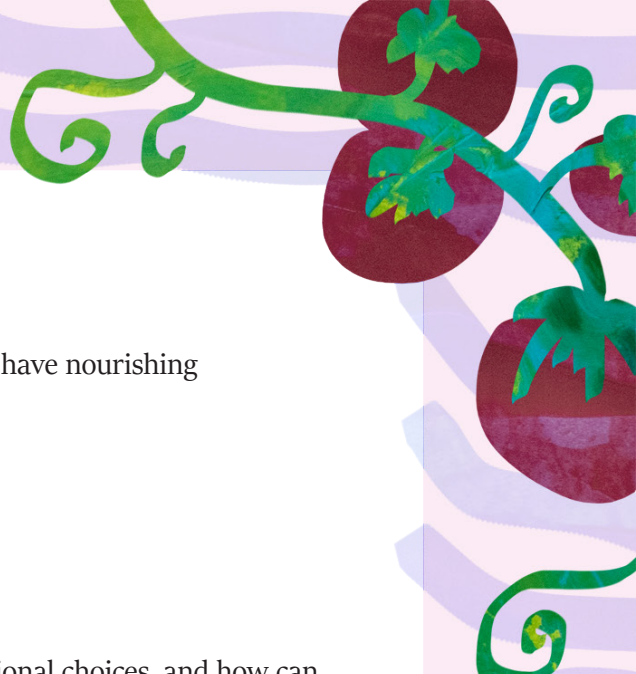

Start of month Reflections

**Take time at the start of the month to reflect on
your nutrition and growth habits?**

In what areas of my life do I feel the need for growth or improvement right now?

How can I create a nurturing environment at home or work to support my well-being and growth?

In what ways can I incorporate more fruits and vegetables into my meals to promote physical and mental nourishment?



How can I prioritise meal planning and preparation to ensure I have nourishing options readily available, even during busy times?

What impact does stress or emotional eating have on my nutritional choices, and how can I develop healthier coping mechanisms to support my growth and well-being?

What role does gratitude play in nourishing my body and fostering a positive mindset towards food and eating, promoting a sense of abundance and satisfaction?

How can I celebrate and acknowledge the growth I've experienced so far this year, and what excites me about the growth to come in September?

Keep your start of month reflections in mind when creating your smart goals and how you can you them to create a more peaceful month ahead.



September Challenge

Eat your Veggies Challenge

Can you think incorporate more veggies into your diet? The average adult needs 5 serves of veggies a day!

Instructions:

See if you can include one extra vegetable in your dinner or an extra serving of fruit or veggies each day.

Track your progress in the challenge tracker. Be careful of any allergies or intolerances you may have.

Challenge Checklist

Check off each day you reflect/ think on your communication style and if you make any changes.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	-------------------------------------

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	-------------------------------------

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	-------------------------------------

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	-------------------------------------

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------





Smart Goals

Can you set one goal for the month of September that could help improve your nutrition and growth?

Think back on your reflections to inform your goal.

Specific

What exactly needs to be accomplished?

Who else will be involved?

Where will this take place?

Why do I want to accomplish the goal?

Measurable

How will I know I've succeeded?

How much change needs to occur?

How many accomplishments or actions will it take?

Attainable

Do I have or can I get, the resources needed to achieve the goal?

Is the goal a reasonable timeframe for me?

Are the actions I plan to take likely to bring me success?





Smart Goals

Relevant

Is this a worthwhile goal for me right now?

Is it meaningful to me?

Would it delay or prevent me from achieving a more important goal?

Am I willing to commit to achieving this goal?

Time bound

What is the deadline for reaching the goal?

When do I need to take action?

What can I do today?





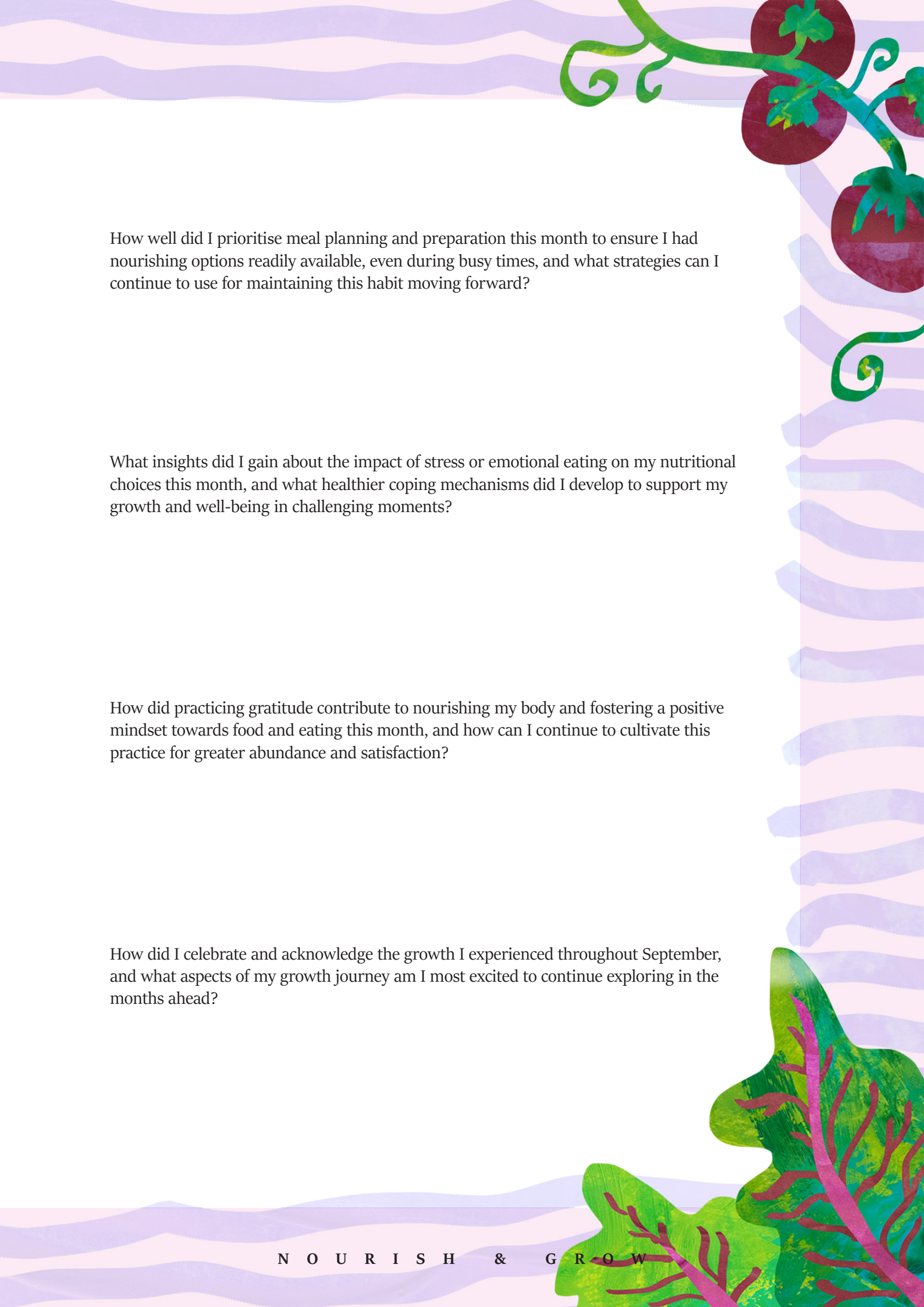
End of month Reflections

Take time at the end of the month to reflect on your goals, challenges and nutrition habits.

In what areas of my life did I feel the need for growth or improvement this month, and what progress did I make towards addressing them?

How effectively did I create a nurturing environment at home or work to support my well-being and growth throughout September, and what adjustments can I make for even greater support in the future?

How successful was I in incorporating more fruits and vegetables into my meals this month to promote physical and mental nourishment, and what impact did it have on my overall health and well-being?



How well did I prioritise meal planning and preparation this month to ensure I had nourishing options readily available, even during busy times, and what strategies can I continue to use for maintaining this habit moving forward?

What insights did I gain about the impact of stress or emotional eating on my nutritional choices this month, and what healthier coping mechanisms did I develop to support my growth and well-being in challenging moments?

How did practicing gratitude contribute to nourishing my body and fostering a positive mindset towards food and eating this month, and how can I continue to cultivate this practice for greater abundance and satisfaction?

How did I celebrate and acknowledge the growth I experienced throughout September, and what aspects of my growth journey am I most excited to continue exploring in the months ahead?



Planning Guide

On the next page you will find a monthly spread page. Use this guide to help you fill in your spread and incorporate your goals and personal time into your month.

Meal Planning Time:

Schedule time to add your extra servings of veggies and fruits into your shopping and cooking plan for the week. Planning ahead helps us make incremental changes.

Key symbol:



Smart Goal Setting Day:

Allocate a day each month to disconnect from digital devices. Use your planner to choose a date and plan alternative activities like reading, journaling, or outdoor adventures.

Key symbol:



Reflection time:









Schedule the time you for your monthly reflections. This can also include giving your self some quiet down time .

Key symbol:



Planning Example

See our example below of how you might like to use your monthly calendar:

1		2		3
				
8		9		10
				
15		16		17
22		23		24
29		30		



N O U R I S H
S E P
G R O W

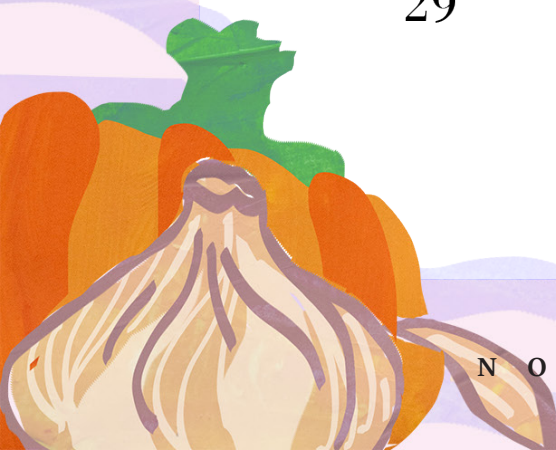
1 2 3

8 9 10

15 16 17

22 23 24

29 30



4

5

6

7

11

12

13

14

18

19

20

21

25

26

27

28





Quantin Binnah

Community Centre



www.qbcc.org.au