

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 respect, tolerance and inclusion practices.

What does respect mean to you, and how do you practice it in your daily life?

Describe a time when you felt respected by others. How did it make you feel?

How do you show respect to people whose opinions differ from your own?



Reflect on a situation where you felt excluded. How did it affect you, and what did you learn from it?

In what ways can you promote inclusion within your family, friends, or workplace?

Reflect on a recent experience where you practiced active listening. How did it impact the conversation?

What commitments can you make to ensure that respect, tolerance, and inclusion are integral parts of your life?

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.



July Challenge

Respectful Communication Challenge

Can you think of ways you could improve your communication to ensure it is always respectful and inclusive?

Instructions:

Self-Assessment: Start by assessing your current communication style. Identify areas for improvement.

Daily Practice: Each day, practice one aspect of respectful communication, such as active listening, using inclusive language, or avoiding interruptions.

Feedback: Seek feedback from trusted friends, family, or colleagues about your communication style.

Journal: Reflect daily on your communication experiences. Note any challenges and successes.

End-of-Month Reflection: Review your progress and identify lasting changes you can make to ensure your communication is always respectful and inclusive.

Challenge Checklist

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

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Smart Goals

Can you set one goal for the month of July that could help improve your mental health and mindspace?

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?

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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 inclusion practices.

Looking back over the month, how has your understanding of respect evolved, and in what ways did you practice it in your daily life

Describe a time this month when you felt respected by others. How did it make you feel, and what impact did it have on your interactions?

Reflect on specific instances this month where you showed respect to people whose opinions differed from your own. How did those interactions go?

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Think about a situation this month where you felt excluded. How did it affect you, and what lessons did you take away from that experience?

In what specific ways did you promote inclusion within your family, friends, or workplace this month? What outcomes did you observe?

Reflect on a recent experience this month where you practiced active listening. How did it impact the conversation, and what did you learn from it?

Looking back on this month, what commitments did you make to ensure that respect, tolerance, and inclusion were integral parts of your life, and how well did you uphold them?

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.

Communication Check in:

Schedule communication check-in sessions with yourself. Use your planner to note how you're feeling, and how you're communicating your feelings. Are you being clear with your words? Are you being respectful towards others feelings.

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:

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