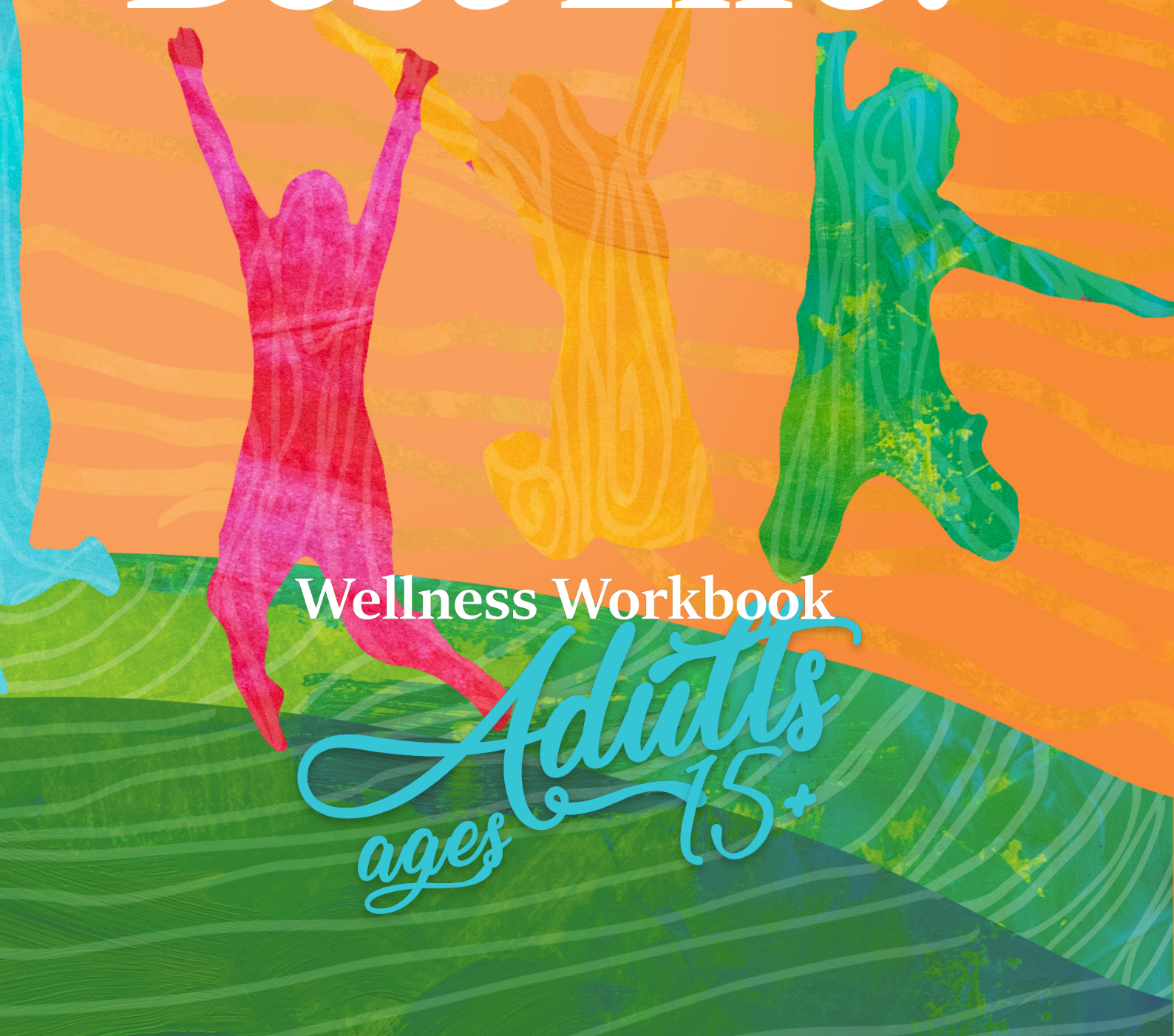
Quantin Binnah
Community Centre

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 mindfulness and spirituality practices.

How can I cultivate a daily mindfulness practice to bring greater awareness and presence into my life this month?

What spiritual or mindfulness-based rituals can I incorporate into my daily routine to nurture my inner self?

What spiritual or mindfulness-based books, podcasts, or resources can I explore to deepen my understanding and practice?

What values or principles are important to me on a spiritual level, and how can I align my actions with these values in August?

How does practicing mindfulness enhance my overall well-being and sense of inner peace?

What habits or distractions do I need to release in order to create more space for mindfulness and spirituality in my life?

How can I express gratitude for the abundance of spiritual and mindful experiences in my life, both past and present?

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.

August Challenge

Mindfulness Challenge

This challenge is all about cultivating mindfulness in your daily life to promote greater awareness, presence, and well-being.

By engaging in a variety of mindful activities, participants will learn to live more consciously and enjoy the benefits of being fully present in each moment.

Each day take 10 minutes for yourself to meditate and sit in silence. Use the challenge to track your progress.

Some facts about mindfulness practices:

Mindfulness-based practices may be helpful for anxiety and depression.

Mindfulness meditation practices may reduce insomnia and improve sleep quality.

Mindfulness may improve brain function.

Challenge Checklist

Check off each day you complete the mindulness challenge.

Smart Goals

**Can you set one goal for the month of August that could help improve your mind space and inner peace?
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 time frame 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 mindfulness practices.

How successful was I in cultivating a daily mindfulness practice this month, and how did it contribute to greater awareness and presence in my life?

Which spiritual or mindfulness-based rituals did I incorporate into my daily routine, and how did they nurture my inner self throughout August?

What spiritual or mindfulness-based books, podcasts, or resources did I explore this month, and how did they deepen my understanding and practice?

How well did I align my actions with the values and principles that are important to me on a spiritual level in August, and what impact did this alignment have on my overall well-being?

What insights did I gain about how practicing mindfulness enhances my overall well-being and sense of inner peace, and how can I continue to integrate these practices into my life moving forward?

Which habits or distractions did I release to create more space for mindfulness and spirituality in my life, and how did this shift in focus impact my daily experience?

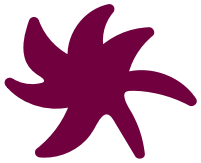
How did I express gratitude for the abundance of spiritual and mindful experiences in my life, both past and present, and how did this practice enrich my sense of gratitude and connection?

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.

Mindful Time
Schedule extra time each week to dedicate to your mindfulness challenge.

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 relfections. 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 calender:

1	2	3
8	9	10
15	16	17
22	23	24
29	30	31

MINDFULNESS

AUG

SPIRITUALITY

4	5	6
11	12	13
18	19	20
25	26	27

	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

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www.qbcc.org.au