



BOUNDLESS YOU

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Rewire for Wellness

Workshop Workbook

“Love yourself enough to strive for the vision.”

Wellness is multi-dimensional and does not merely refer to the absence of dis-ease. Living with purpose, being in love with life, happiness, meaningful relationships, and a healthy body & environment are all factors contributing to our holistic wellness. Wellness is a lifelong practice of making decisions towards a more balanced and meaningful life.

Living in wellness entails an intentional and conscious process where personal accountability plays a key role. We have the power to create a more fulfilling life by the choices we make every day – this includes a self-defined balance of habits and behaviours that serve us.

We are mostly aware of what the better choice will be in any given scenario – the choice that will serve us best, but at times we still choose the other option. In this workshop we will focus more on why we experience this challenge and how it can be overcome rather than discussing the actual options. We are all unique, and what works for one may not work for another. When we have awareness of areas in our life that require more attention, we can shift our focus and develop an action plan to address it – a unique plan specific to our own needs and lifestyle. Intentional excellence with brilliant execution.

FIRE FRAME FORWARD

In order to achieve anything in our lives, we need energy. What good are our goals if we don't have the energy to execute our action plan? Perhaps you are trying to quit your 9 to 5, but you literally have no energy left at the end of the day to work on your passion. Perhaps you want to create a fulfilling family life and spend more quality time with your partner and children but all you can think of is your bed. Perhaps you are aiming to achieve your fitness and health goals but you are so drained that always seems like the last item on your list of priorities. Whatever your circumstances may be, you need energy to move forward.

Finding and maintaining our fire starts with having a vision – a compelling reason to get up in the morning – our big why. When the vision is clear, the path becomes clear.

Fire is further comprised of physiology (being time, nutrition, exercise), awareness (where you place your energy), language (words, thoughts to / about self), identity (who you believe you are, values).

Our frame refers to the perspective through which we view ourselves and our environment, events and so forth. Awareness of our limiting beliefs brings with it the opportunity to re-frame them into beliefs that serve us now.

We move forward from a space of empowerment when we have mastered our fire and frame. We can execute our action plans and implement sustainable change to achieve our goals.

Prepare for Greatness



REWIRING

By the time we are 35 years old, 95% of who we are functions like a computer program consisting of hard-wired behaviours, emotional reactions, beliefs, habits, thoughts, and perceptions. That means 95% of our day is practically on autopilot! Leaving only 5% of our conscious mind to think, act and feel in a different way. (As explained by Dr Joe Dispenza).

When we attempt to enhance our life by making certain changes that will serve our vision of the future, we are doing this from the conscious mind, the 5% capacity we have available to think, feel and act differently – see why it is so hard to change? We may break through for a while and then just fall back into whatever our old pattern was.

“We are who we practice to be” – Dr Joe Dispenza.

Our bodies are wired to protect us, to create a comfort zone, and then to keep us there. And when I say wired, it refers to hardwired. Neurons that fire together, wire together – literally. This video shows you what that looks like in reality: <https://www.youtube.com/shorts/Rvmvt7gsclM>

To change then, takes more than just making a choice. Old neural networks need to be rewired to build new networks supporting the new you. How do we overcome this challenge? The first step to changing is becoming aware of our current patterns – habits, thoughts, beliefs, actions, behaviours.

Awareness empowers us to challenge these old patterns and evaluate whether it is still serving us in this moment. We may have formed certain habits as a defence mechanism at some point in our past where it served us in that moment. When these habits no longer serve our current space, and we have the awareness of them, we can make different choices and create new habits and strategies to implement them.



8 DIMENSIONS of WELLNESS

Dr Swarbrick developed the “8 Dimensions” wellness model as seen below. All dimensions overlap to indicate that each area affects one another and is reliant on one another. This model is strength based in that it focuses on identifying challenging areas which then serve as a starting point for choosing and building habits to enhance it. Key activities like sleep for example will impact physical, social and emotional.



*Information adapted from Swarbrick, M (2006). A Wellness Approach, *Psychiatric Rehabilitation Journal*, 29(4), 311-314., Swarbrick & Yudof (www.cspnj.org), Princeton University Umatter Initiative, University of Colorado Wellness Services

WELLNESS SELF ASSESSMENT

Instructions: Answer the questions in each dimension, tally the points and determine which areas in your life might be more challenging at the moment. This assessment serves as a starting point to create the wellness action plan you can implement in your life.



1. Emotional Wellness

refers to how well we understand our own feelings and the expression thereof, our ability to cope with stress and life's challenges, our ability to adjust to emotional challenges and enjoy life.

	Rarely, if ever (1)	Some- times (2)	Usually (3)	Always (4)
I take accountability for my actions and believe I have control over my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have healthy ways to cope with stress (exercise, meditation, self care, social).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel good about myself and who I am.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I consider challenges and change as opportunities to learn and grow.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A have awareness of my emotions / triggers and express them appropriately.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I consciously make time for self care and activities that bring me joy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I practice the feelings of gratitude, love and compassion daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I maintain a healthy balance between work, friends, family and obligations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total	<input type="text"/>			

My current strengths (habits, behaviours, beliefs, thoughts, actions) related to Emotional Wellness:

Old habits, behaviours, beliefs, thoughts & actions that no longer serve me:

Create your vision. New habits, behaviours, beliefs, thoughts & actions that will serve me now:

What would be possible in your life if you make this change?

My immediate next step to work towards my vision (no matter how small):



2. Financial Wellness

refers to our ability to meet our practical needs with the resources we have and having a sense of control over our personal finances.

	Rarely, if ever (1)	Some- times (2)	Usually (3)	Always (4)
I have a good understanding of my financial status.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can assess my wants vs my needs before making purchasing decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a backup fund for unexpected expenses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My financial plan is on track to support life goals (retirement, house, kids).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have access to knowledgeable people to assist with financial decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am optimistic about my financial future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I contribute to causes that are important to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel financially secure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total	<input style="width: 100%; height: 20px;" type="text"/>			

My current strengths (habits, behaviours, beliefs, thoughts, actions) related to Financial Wellness:

Old habits, behaviours, beliefs, thoughts & actions that no longer serve me:

Create your vision. New habits, behaviours, beliefs, thoughts & actions that will serve me now:

What would be possible in your life if you make this change?

My immediate next step to work towards my vision (no matter how small):



3. Social Wellness

refers to our ability to build and maintain supportive relationships with friends, family and our community.

	Rarely, if ever (1)	Some- times (2)	Usually (3)	Always (4)
I spend time with people I like and who uplifts me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make time for family, friends and socializing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a support structure I trust and can confide in.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I choose partners who respect me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I seek first to understand then to be understood.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have healthy boundaries in all of my social relationships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am open and accepting of people with different backgrounds and beliefs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a sense of belonging in my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total				

My current strengths (habits, behaviours, beliefs, thoughts, actions) related to Social Wellness:

Old habits, behaviours, beliefs, thoughts & actions that no longer serve me:

Create your vision. New habits, behaviours, beliefs, thoughts & actions that will serve me now:

What would be possible in your life if you make this change?

My immediate next step to work towards my vision (no matter how small):



4. Spiritual Wellness

refers to having a sense of purpose and meaning in our lives as well as acting in alignment with our beliefs and values.

	Rarely, if ever (1)	Some- times (2)	Usually (3)	Always (4)
I know my personal core values and live my life accordingly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I live a purpose- and meaningful life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make time for self discovery (where I am, my vision, values, beliefs).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make conscious choices daily serving my vision of the future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My thoughts and actions support my values and beliefs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am optimistic and energized about what my future holds.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am able to embrace an unknown and uncertain future with hope and faith.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I live in gratitude regardless of circumstances and my environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total				

My current strengths (habits, behaviours, beliefs, thoughts, actions) related to Spiritual Wellness:

Old habits, behaviours, beliefs, thoughts & actions that no longer serve me:

Create your vision. New habits, behaviours, beliefs, thoughts & actions that will serve me now:

What would be possible in your life if you make this change?

My immediate next step to work towards my vision (no matter how small):



5. Occupational Wellness

refers to the participation in activities that provide purpose and meaning in our lives. This includes employment, future career opportunities, academic pursuits, contributing knowledge and skills.

*Work, in this context, may refer to any productive activities we pursue daily, for example being a stay at home mom / dad, volunteering and so forth.

	Rarely, if ever (1)	Some- times (2)	Usually (3)	Always (4)
I am satisfied with my career / industry choice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am energized and excited to go to work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I believe that I make a valuable contribution (knowledge, skills, etc) at work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I explore opportunities that interest and inspire me (paid or volunteer).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I seek and embrace opportunities to expand my knowledge and skills.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My career goals are in alignment with my core values.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a good work / personal life balance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My work provides a sense of fulfilment and meaning in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total				

My current strengths (habits, behaviours, beliefs, thoughts, actions) related to Occupational Wellness:

Old habits, behaviours, beliefs, thoughts & actions that no longer serve me:

Create your vision. New habits, behaviours, beliefs, thoughts & actions that will serve me now:

What would be possible in your life if you make this change?

My immediate next step to work towards my vision (no matter how small):



6. Physical Wellness

refers to the practice of habits, choices and behaviours that support your physical health – including exercise and nutrition.

	Rarely, if ever (1)	Some- times (2)	Usually (3)	Always (4)
I exercise (continuous) at least 30 minutes 3 to 5 times a week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get enough sleep and feel rested in the morning (about 7-9 hours).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I practice good hygiene.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat healthy, nutritious food supporting my body (including water).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid harmful drugs and / or tobacco products.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid / consume alcohol consciously.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid / consume caffeine and sugary drinks consciously.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I utilize stress management and mindfulness techniques daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total				

My current strengths (habits, behaviours, beliefs, thoughts, actions) related to Physical Wellness:

Old habits, behaviours, beliefs, thoughts & actions that no longer serve me:

Create your vision. New habits, behaviours, beliefs, thoughts & actions that will serve me now:

What would be possible in your life if you make this change?

My immediate next step to work towards my vision (no matter how small):



7. Intellectual Wellness

refers to the practice of engaging in creative and stimulating activities that encourage lifelong learning, the application of our skills and knowledge as well as sharing it with others.

	Rarely, if ever (1)	Some- times (2)	Usually (3)	Always (4)
I actively look for mentally stimulating opportunities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy learning from and sharing knowledge with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I read (physical / audio books) regularly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I practice and develop my skills and gifts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am open minded to opinions and perspectives that differ from mine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I research and look up things I do not know.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I ask questions to learn from others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel intellectually stimulated in my work and personal life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total				

My current strengths (habits, behaviours, beliefs, thoughts, actions) related to Intellectual Wellness:

Old habits, behaviours, beliefs, thoughts & actions that no longer serve me:

Create your vision. New habits, behaviours, beliefs, thoughts & actions that will serve me now:

What would be possible in your life if you make this change?

My immediate next step to work towards my vision (no matter how small):



8. Environmental Wellness

refers to our interaction with our micro-environment (live, learn, work) as well as our macro-environment (communities, country, planet). Feeling safe with access and responsible usage of basic resources.

	Rarely, if ever (1)	Some- times (2)	Usually (3)	Always (4)
I am aware of the impact my actions have on the environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am aware of the impact my environment has on my health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I engage in mindfulness practices / reflection.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I surround myself with people who support my journey in wellness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I spend time in nature, and embrace natural light / plants in my space.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel safe in my home / space and comfort zone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I keep my living and working environment clean and neat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid hoarding and declutter regularly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total				

My current strengths (habits, behaviours, beliefs, thoughts, actions) related to Environmental Wellness:

Old habits, behaviours, beliefs, thoughts & actions that no longer serve me:

Create your vision. New habits, behaviours, beliefs, thoughts & actions that will serve me now:

What would be possible in your life if you make this change?

My immediate next step to work towards my vision (no matter how small):



“Spend time contemplating who you want to be. The mere process of contemplating who you want to be, begins to change your brain.” - Dr Joe Dispenza

Spend time creating the vision you have for your yourself, then you make every decision towards that vision. The clearer the vision, understanding your why – the more clear the choices become. If you don't know where you are going, any road will get you there.

Future self vision (include behaviours, actions, beliefs, emotions, thoughts):

Who do you need to be today to realise the vision?

One new habit you can implement for the next 3 weeks that will serve your vision?

CHALLENGE WEEK 1:

Spend 20 minutes every day for the next week contemplating / visualizing your ideal future self. Read through your answers again and try seeing it in your mind and generating the feeling as if this has already occurred.



Notes:

A large empty rectangular box with a thin black border, intended for taking notes.

