

NWIC

Planner

2021-2022



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Northwest Indian College



Welcome to your new Wellness Planner for 2021-2022!

The NWIC Wellness Team would like to extend gratitude for your participation in your wellness journey. You will find this planner will take you through a journey of understanding yourself and managing your health, wellness and awareness of self.

Enjoy!



SELF: persona, identity

Date:

You meet yourself for the first time, what is most important to know about you & how would you like to be perceived?

Strengths

Weaknesses

Other Notes :



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14	15	16	17	18	19	20
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28	29	30	31			

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2022 Yearly Calendar

January

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30	31						

February

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March

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April

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May

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29	30	31					

June

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July

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31							

August

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September

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October

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November

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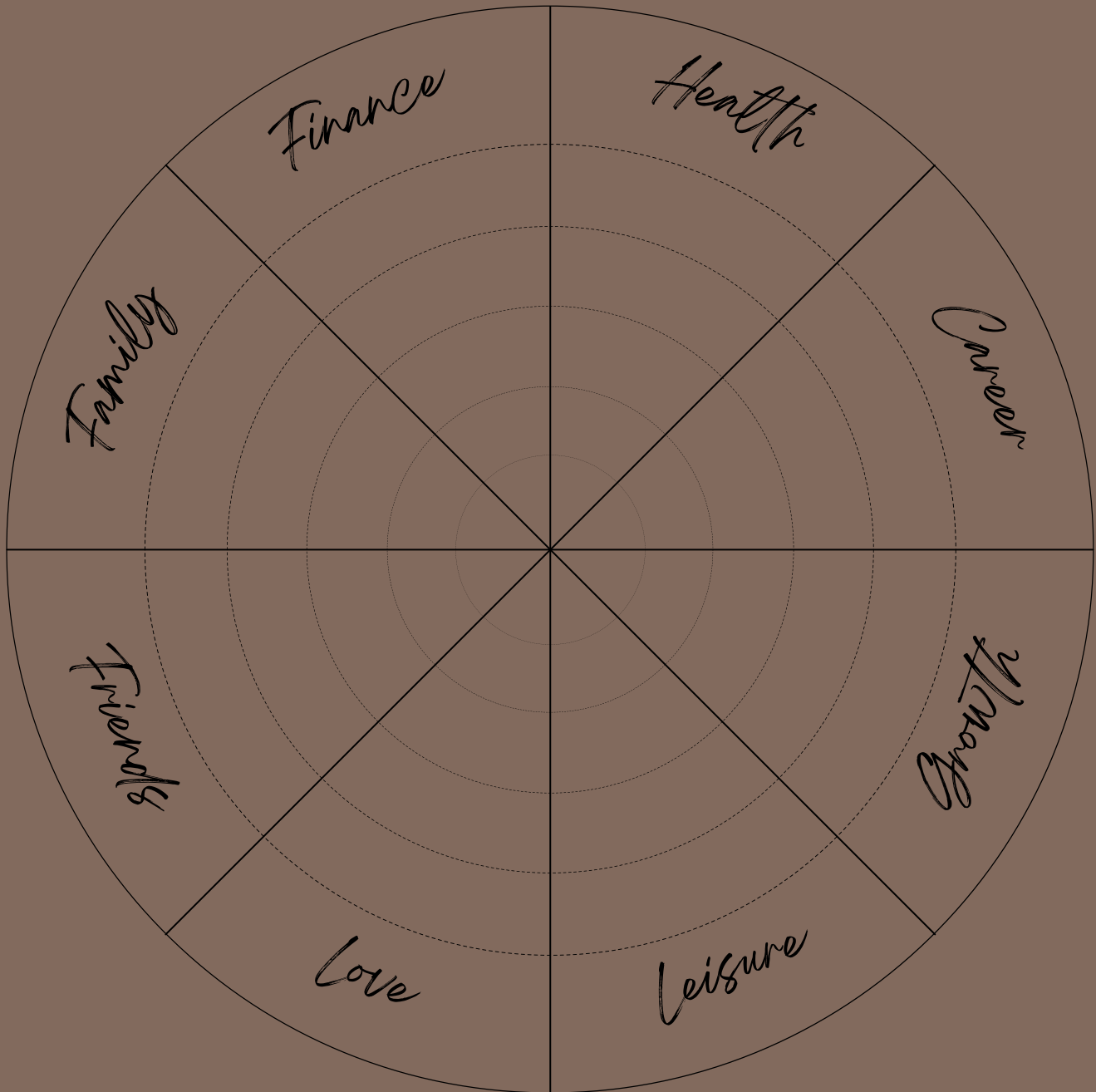
December

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18	19	20	21	22	23	24					
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SELF-ASSESSMENT:

Assess your level of fulfillment for each of these areas on a scale from 1 to 10 and shade the wheel accordingly.



EXISTENCE:

alive, life

For a deeper analysis, write down a short statement for each of the areas in part 1. How fulfilled and satisfied do you feel about each of them.

Family

Inspirations

Values

Connecting Thoughts



Take A Moment...

When we are prioritizing certain aspects of our lives, this is your sign to take a moment to prioritize your wellbeing. Our main challenge is juggling our wellness and awareness of ourselves in our everyday lives.

Take this time to be somewhere quiet.

You can take this time to lay down in a comfortable spot or sit in a comfortable position. Try to be somewhere away from any distractions to focus on yourself.

Place a timer for 10 minutes.

Close your eyes, place one hand on your heart and the other on your belly. Inhale deeply and exhale. No pauses in between. One cyclical motion.

Become aware of the sensation of your body, any stress that may be present in your shoulders, neck, your legs, back... Imagine becoming weightless and continue breathing.

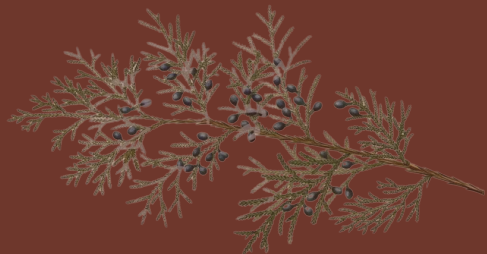
Continue for the duration of the 10 minutes.

Let any thought come through and then release them. Any worries or feelings that may come over you can wait until you've had this moment for yourself.

In this moment... YOU ARE MOST IMPORTANT

When you are ready, wiggle your toes, your fingers and slowly open your eyes. Take one last deep breath and thank yourself for taking this time.

SUN



Notes



A large grid of small dots for writing notes, covering the majority of the page.



Priorities for the Month

Priorities for the Month

...the fact that the *Journal of Management Studies* is a leading journal in the field of management studies, and the fact that the *Journal of Management Studies* is a leading journal in the field of management studies.

DATE _____

PRODUCTIVITY PLANNER

WAKE TIME:

TODAY'S FOCUS:

SCHEDULE

8:00	
9:00	
10:00	
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TOP PRIORITIES

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TO-DO LIST

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DAILY REFLECTION

WELLNESS TRACKER

MOOD:



WATER:

