



BE A NATURAL

WELLNESS WORKBOOK

*Nothing is impossible, the word itself says
I'm possible. - Audrey Hepburn*



Introduction

WHAT IS WELLNESS



Wellness means taking care of yourself and giving yourself love on all levels, just like you do for your loved ones.

This little book will help you to see where you may be lacking in the self care department.

Simplifying life and getting back to basics, getting still so you can check in and see how you are really doing. Then doing things for yourself that increase wellbeing. Things that make you a healthier and more balanced person so that you can do life, and offer more in relationships and your career, ultimately leading to more happiness and vibrancy.

Wow, that sounds like a WIN to me!

Wellbeing is
attained little by
little, and
nevertheless, is
no little thing
itself.

Citium Zeno

Section 1

LET'S ASSESS

But first, check in with yourself. Have you been on the hamster wheel for so long you've lost touch with how you really feel? When did you last sit quietly and just feel what is going on internally and take stock of your habits? Here's some questions to get you going.

How will you rate the following					
	Never	Rarely	Sometimes	Always	
PHYSICAL	I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I drink at least 1,5L of water per day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
	Never	Rarely	Sometimes	Always	
EMOTIONAL	I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I am able to cope when stressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get some alone time daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 1 continued

LET'S ASSESS

The spiritual aspect of your health is just as important as the mental and physical parts, if not more so. As we are vibrational beings, we need to connect to something greater than ourselves. And this will be individual to each of us is on our own journey.

How will you rate the following

SPIRITUAL

	Never	Rarely	Sometimes	Always
I meditate or pray daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have gratitude	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I see myself in the other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel connected to life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I see the divine in all living things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't link my value as a person to things I own	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My spiritual life is important	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My intuition is easy to access	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Section 2

SETTING YOUR GOALS

So let's see what would you like to achieve or change in your lifestyle JUST in the next 7 days, that will lead you to a better life. What investment are you willing to make?

What would your most fearless self do if you were them?

Choose 1 thing per week to change in your life. Baby steps, baby, baby steps.

EMOTIONAL

ACTION PLAN

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-
-
-

PHYSICAL

ACTION PLAN

-
-
-
-

SPIRITUAL

ACTION PLAN

-
-
-
-

Section 3

CHECKLIST

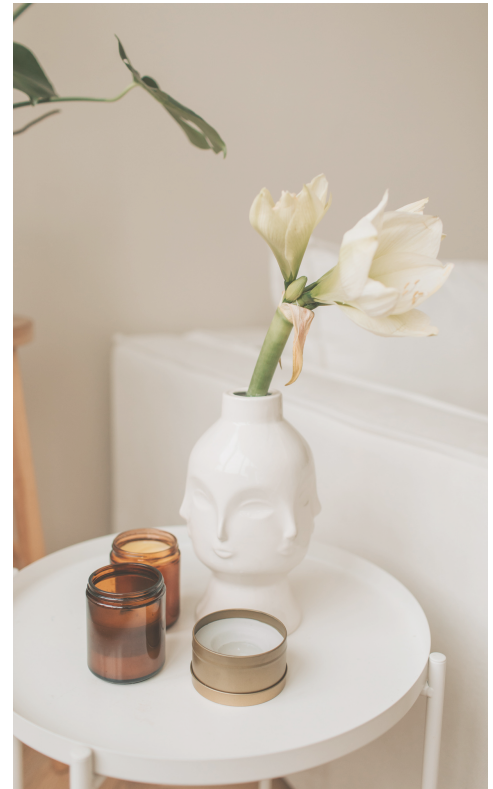
Choose 1 per week

Physical activities for the week

- Exercise and/or go for a walk
- Eat healthy food and snacks
- Get 7 hours of sleep per night
- Enjoy stillness and/or meditate
- Spend time in nature

Emotional activities for the week

- Journal
- Listen to favorite music
- Spend time with family/friends
- Enjoy alone time to check in
- Do something fun



"It's often the small steps not the giant leaps, that bring about the most lasting change."

Queen Elizabeth 2

Section 3 continued

CHECKLIST

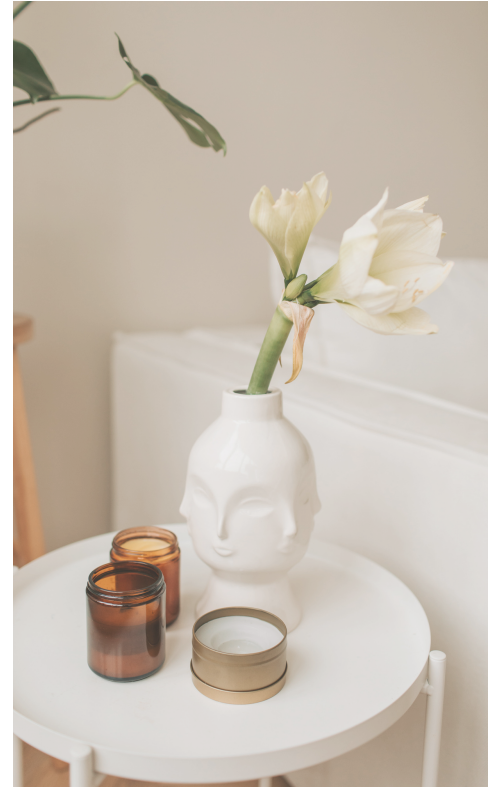
Choose 1 per week

Spiritual activities for the week

- Meditation or prayer
- Read spiritual or inspirational text
- Thanks at every meal
- Kindness to self and others
- Connect with spirit or higher self daily

Add activities for the week

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"You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."

John C. Maxwell
Author



Section 4

ACTION STEPS

Here are the steps you will take to do the things that will get you to where you want to be. Feel the discomfort and do it anyway. You will feel proud and accomplished after completing them.

1

How do I want to address each area that is lacking?

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.....
.....

2

What routines will get me what I need daily?

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.....
.....

3

What is the reward for following through with these steps?

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Section 5

PLANNING AHEAD

Preparation is key to success. Get that exercise mat out and leave it where you can see it. Set your journal by your bedside, keep the running shoes in your car, keep that water bottle on your desk, restock nutritious foods only... it's all about being prepared. List your steps of preparation for self care routines for each week, that will create a new habit.



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2

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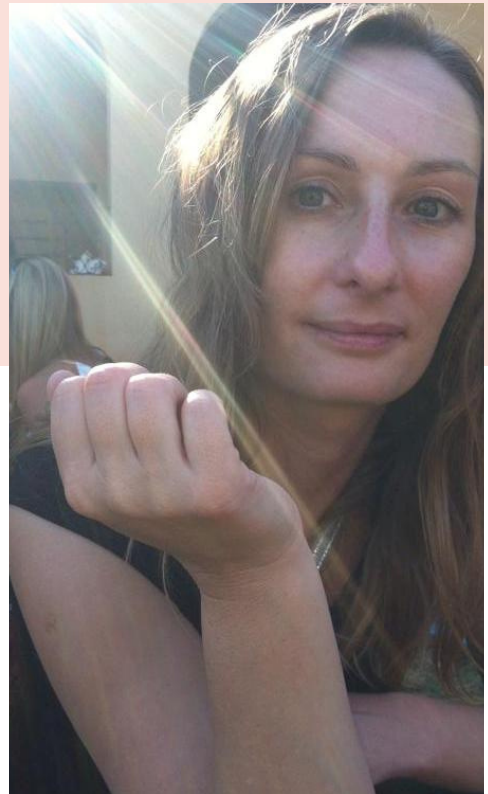
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About THE AUTHOR

Beata is a natural practitioner focusing on vibrant health through real food and lifestyle changes, that include not only the physical but also the mental, energetic and spiritual aspects related to healing.



For real results in healing yourself, you need to understand what you need as an individual. And at Be a Natural we're focus on supporting our clients to really understand how they can take control of their own health destiny, through doable daily habits that are simple and easy. It's a journey.

Once you understand where your body, mind and spirit needs help you can support that area, to achieve vibrant health on all levels.

Here's to your Wellness!

Bea

DO YOU NEED
MORE HELP?

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