

# 14-Day Self Growth Challenge

WITH COACH MOLLY K

## Day 12 - Planning for Wellness

Being well doesn't just happen. It isn't just about your physical ability or appearance, it's also about your mind and your emotions. Not only do we need to pay attention to what we eat and how often we move our bodies, we need to keep in mind what we feed our brains and how we "exercise" them.

If you aren't taking care of your emotional and physical well-being its extra hard to not only to hit your goals but to even make progress on them.

If taking care of your own wellness isn't something that you prioritize or it gets put to the side, try tapping into some of the habit strategies from two days ago. Consider implementing the strategy of scheduling, the strategy of other people, or the strategy of treats to ensure success in your self-care. (Visit your Day 10 worksheet for a refresh on them.)

Here are some ideas to help you attend to your well-being. Pick one or two, or a few to work on this coming week:

- **Detox your mind.** Limit the negative messages you hear and read. This might mean cutting down on social media, the news or even the people you surround yourself with.
- **Detox your body.** There are plenty of detoxes out there. You can do a sugar detox, an inflammatory food detox, etc. Clean up your diet and take note of how that makes you feel. I personally feel so much better when I limit my sugar. Figure out what is a nutritional trigger for you.
- **Exercise**, and to make it even more impactful do it with friends or family, you don't have to go it alone. You keep hearing that sitting is the new smoking. So, make sure you have some sort of trigger to get moving every day.
- **Cultivate a hobby** to restore balance.
- **Allow yourself true vacation time**, or a goof-off day or afternoon. So often when we are not at work we're thinking and talking about work. You deserve some true "down time" so schedule it if that's what it takes to make it happen.
- **Schedule special family and friend dates.** Connecting with those who are important to you can help you remember your true north (or your "why") and what's really important to you. Time with family and friends can bring you clarity and focus.
- **Read** books that don't directly relate to your work. If you are having trouble relating to others, read fiction. Research shows that in some cases, reading fiction can help you strengthen your ability to empathize.
- **Treat yo'self!** (This may be a funny term from the sitcom Parks and Rec, but it's a concept I agree with). You might consider one of the ideas above already as "treating yourself" and that's okay. One of my favorite treats for myself is spa time. I enjoy a monthly 90-minute massage. I used to think I didn't have time for that or deserve that type of treat, but I have found it keeps me feeling physically well and that I'm worth it!

So what are you going to do to plan for your wellness?

**Looking forward to growing with you!**

- Molly K.

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