

HARVEST, TRICKS, AND TREATS: A FALL WELLNESS CHECK-IN

NAME DATE

HARVEST

WHAT FOCUSED ATTENTION OR PURPOSEFUL ACTION HAVE YOU BEEN HARVESTING YOUR THOUGHTS OR FEELINGS TOWARDS LATELY? HOW HAS THIS INTENTIONALITY IN THIS AREA BEEN SERVING YOUR WELL-BEING?

TRICKS

WHAT HAS BEEN A HELPFUL TIP OR TRICK IN YOUR MOST RECENT JOURNEY THAT HAS SUPPORTED YOUR WELL-BEING, PRODUCTIVITY, OR PROVIDED ADDITIONAL VALUE TO YOUR CURRENT DIRECTION?

TREATS

WHERE HAVE YOU FOUND MOMENTS RECENTLY TO TREAT YOURSELF AND DEMONSTRATE A DEEPER GRATITUDE TOWARDS YOURSELF OR OTHERS?

TRICK
or
TREAT

