



Health-being Workbook
Tick the box to your best self!



© Roneesha Iran



Welcome!

I designed this Whealth-being Workbook to support you on your journey toward personal well-being and ultimately happiness! It is well researched and documented that happy individuals benefit from positive effects across multiple life domains, including work relationships, well-being, and health. Science has also shown that happiness - the “hallmark of well-being” - correlates positively at work and home through creativity, loyalty presence and productivity!

This workbook is divided into four sections so you can “tick the box” and observe your habits around Nutrition/Mindful Eating, Activity and Sleep. There is a bonus section on Mindfulness which can further support in every area.

Each section has my top tips along with its own “Whealth-being Wheel” to track your progress. I invite you to gradually go through assessing your current situation and applying those tips you find useful to re-create your best self and tick the boxes along the way!

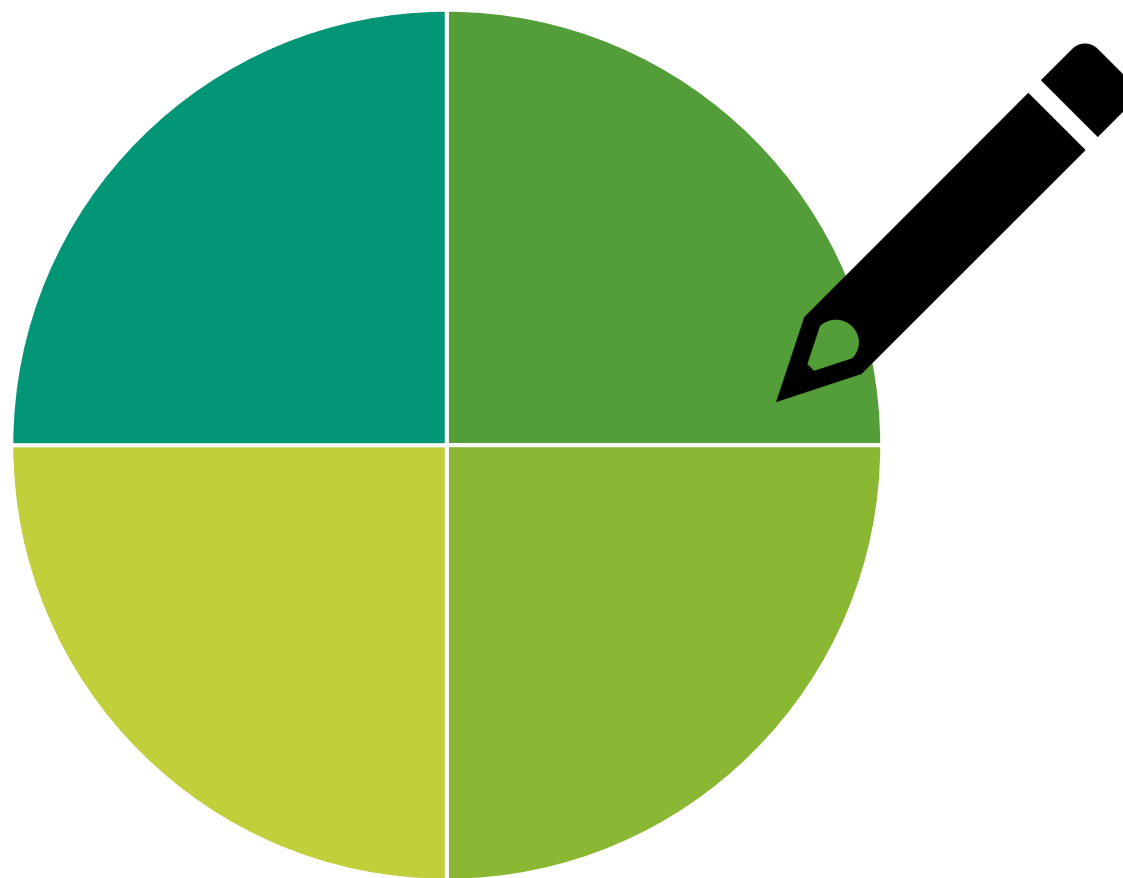
Enjoy! *Ellen*

Whealth-being Wheel Instructions

Advance at your own pace, tip by tip. Adjust your point on the circle – inside for dis-satisfaction and outside for satisfaction. Each area has its own specific circle.

This overall circle will change shape as you tick the box of your new habits!

Overall Circle of Whealth-being



- Nutrition
- Movement
- Sleep & Recovery
- Mindfulness



Tips Nutrition



Fruits & Vegetables

- 1. Do I make F & V (at least) half my life?
- 2. Do I use my FIST to determine 1 Portion of F & V?
- 3. Do I make fruits visible in my environment?
- 4. Do I explore and try new, seasonal, colorful F & V?
- 5. Do I try not to “drink” my fruits?
- 6. Do I respect a daily minimum of 5-a-day : 3 veg + 2 fruit?
- 7. Do I eat my F & V and with the skin whenever possible?
- 8. Do I start every meal/snack with F or V to “crowd out” less healthy choices?

Whealth-being Wheel Instructions

Advance at your own pace, tip by tip. Adjust your point on the circle – inside for dissatisfaction and outside for satisfaction.

Tips Fruits & Vegetables



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Water & Drinks

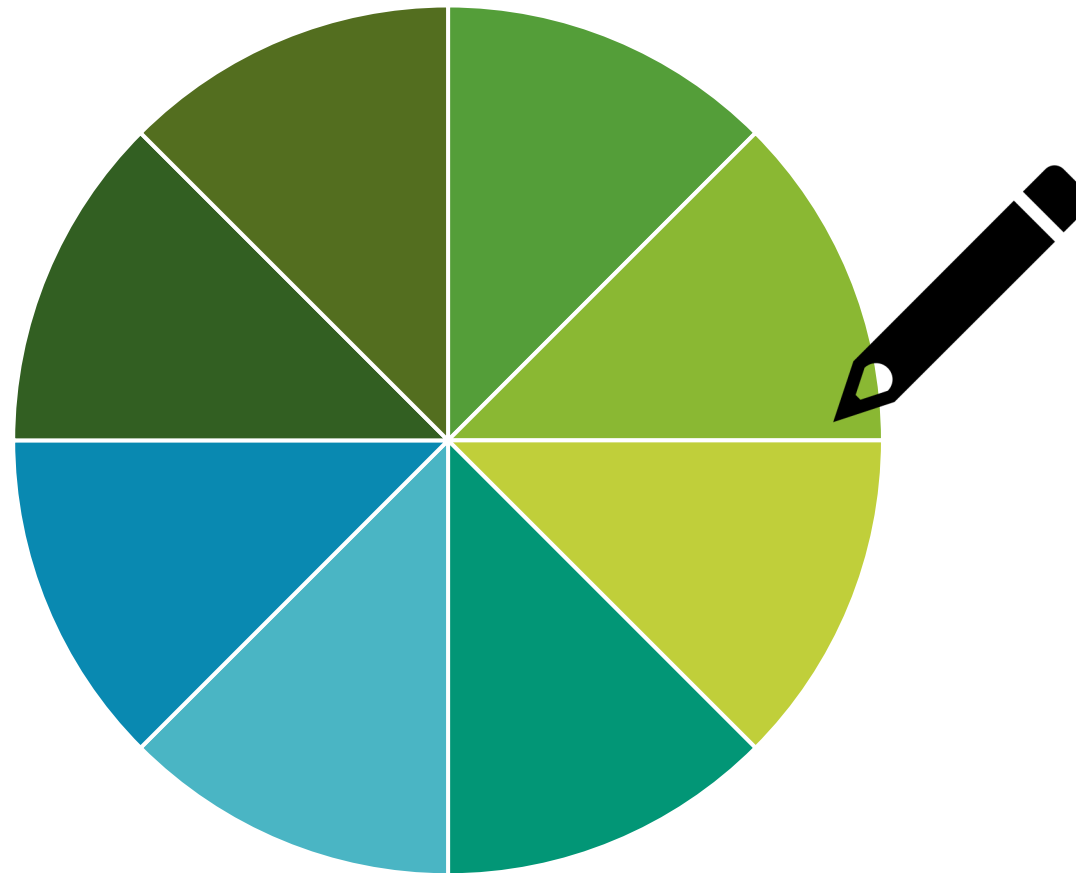


- 1. Am I aiming to drink 1-2 liters of water per day, is my urine pale yellow?
- 2. Do I own a cool bottle & fill it with water daily?
- 3. Do I keep my cool bottle near me...car, office, backpack?
- 4. Do I keep a mug nearby to remind me to drink teas?
- 5. Do I have a reminders on my phone or tablet to drink now?
- 6. When I drink alcohol, do I limit it to 1-2 glasses / day?
- 7. Have I observed the affect that coffee has on my mood and sleep and adjusted accordingly?
- 8. Am I mindful of sugar in drinks and its effect on my cravings and mood?

Whealth-being Wheel Instructions

Advance at your own pace, tip by tip. Adjust your point on the circle – inside for dis-satisfaction and outside for satisfaction.

Tips Water



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8





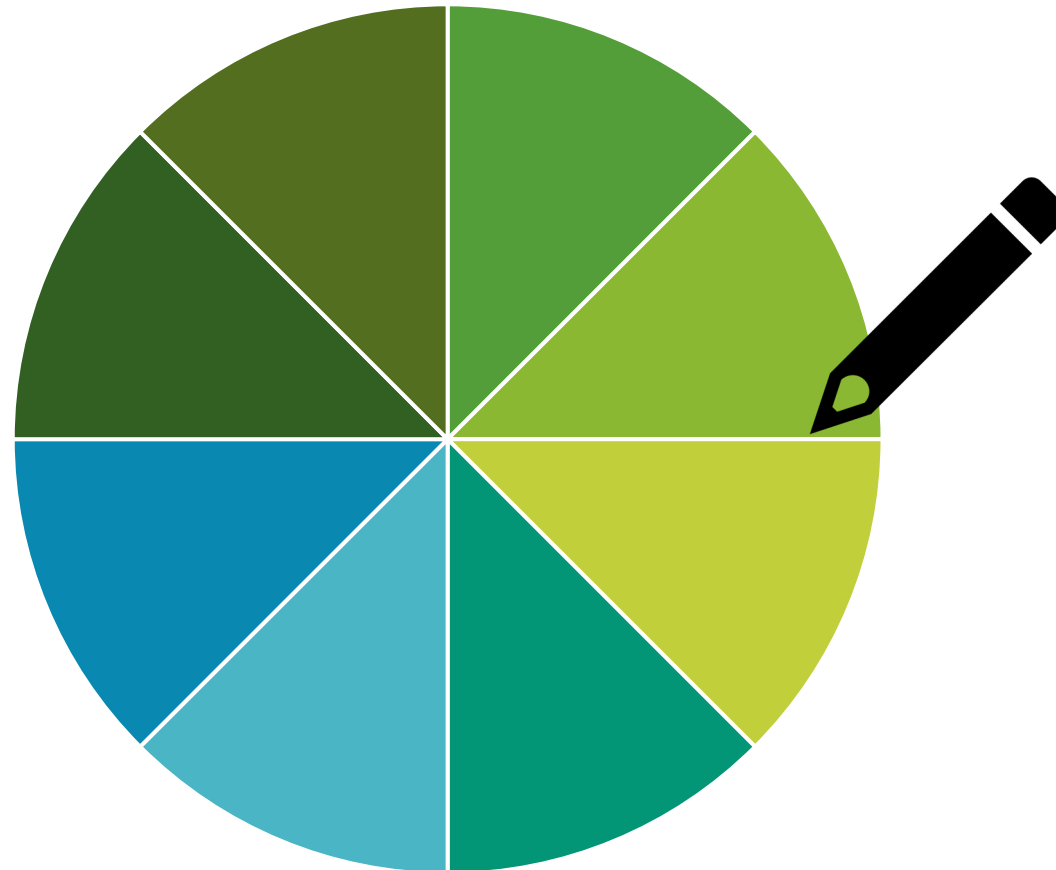
Carbohydrates

- 1. Do I use my FIST to determine 1 portion of carbs?
- 2. Do I privilege complex, whole carbohydrates for lasting energy?
- 3. Do I eat every 3 - 5 hours to avoid getting too hungry?
- 4. Do I remember to combine carbs with protein and/or fiber to limit glycemic peak?
- 5. Have I observed the effect sugar has on my cravings and mood?
- 6. Do I move my body to burn excess glucose?

Whealth-being Wheel Instructions

Advance at your own pace, tip by tip. Adjust your point on the circle – inside for dis-satisfaction and outside for satisfaction.

Tips Carbohydrates



■ 1 ■ 2 ■ 3 ■ 4 ■ 5 ■ 6 ■ 7 ■ 8

Protein

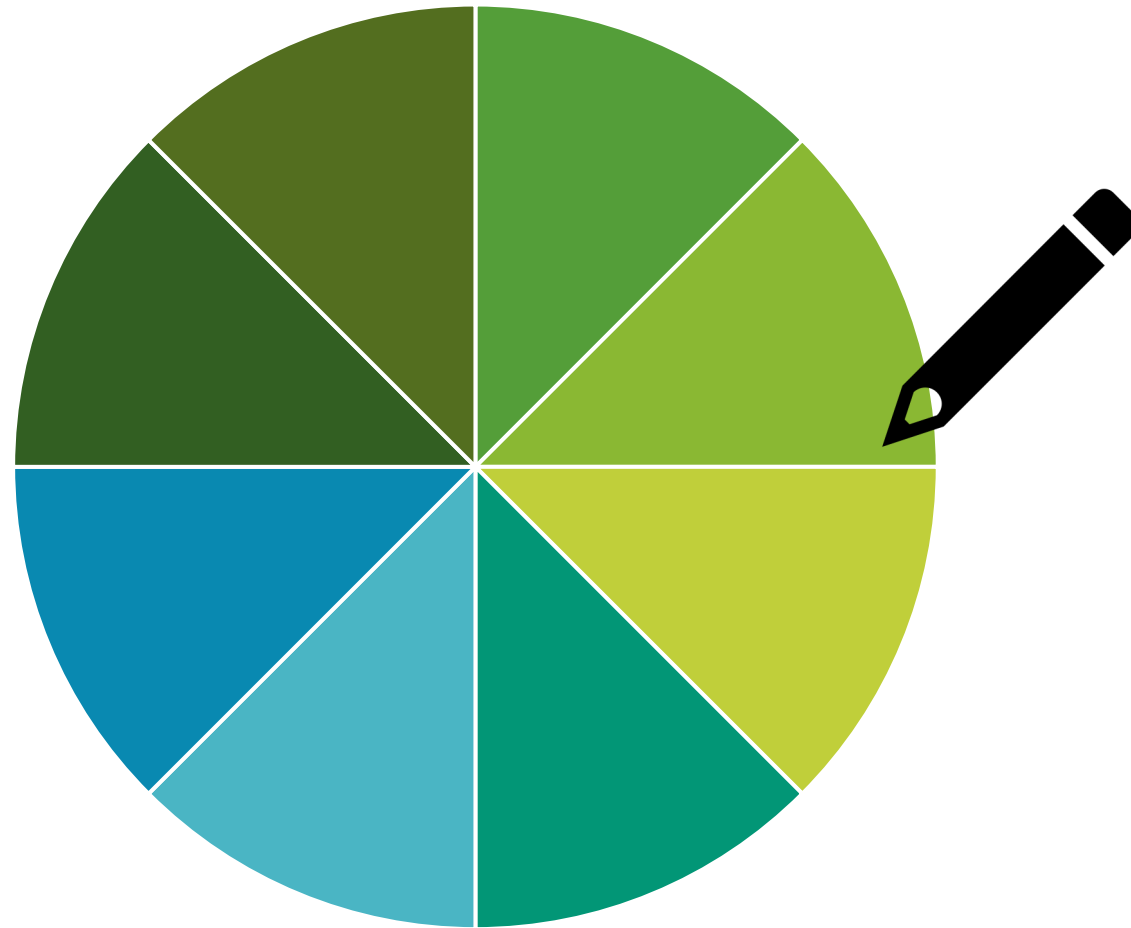


- 1. Do I eat protein throughout the day, at every meal and snack?
- 2. Do I use my FIST to determine 1 portion of protein (except nuts)?
- 3. Do I privilege fatty fish and all seafood, organic when possible?
- 4. If I eat meat and poultry, do I try to keep it lean and organic when possible?
- 5. Do I enjoy organic, free-grazed eggs?
- 6. Do I vary vegetable proteins like beans, lentils or quinoa?
- 7. Do I eat a nuts for omega3 fatty acids (brain) and protein?

Whealth-being Wheel Instructions

Advance at your own pace, tip by tip. Adjust your point on the circle – inside for dis-satisfaction and outside for satisfaction.

Tips Protein



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8



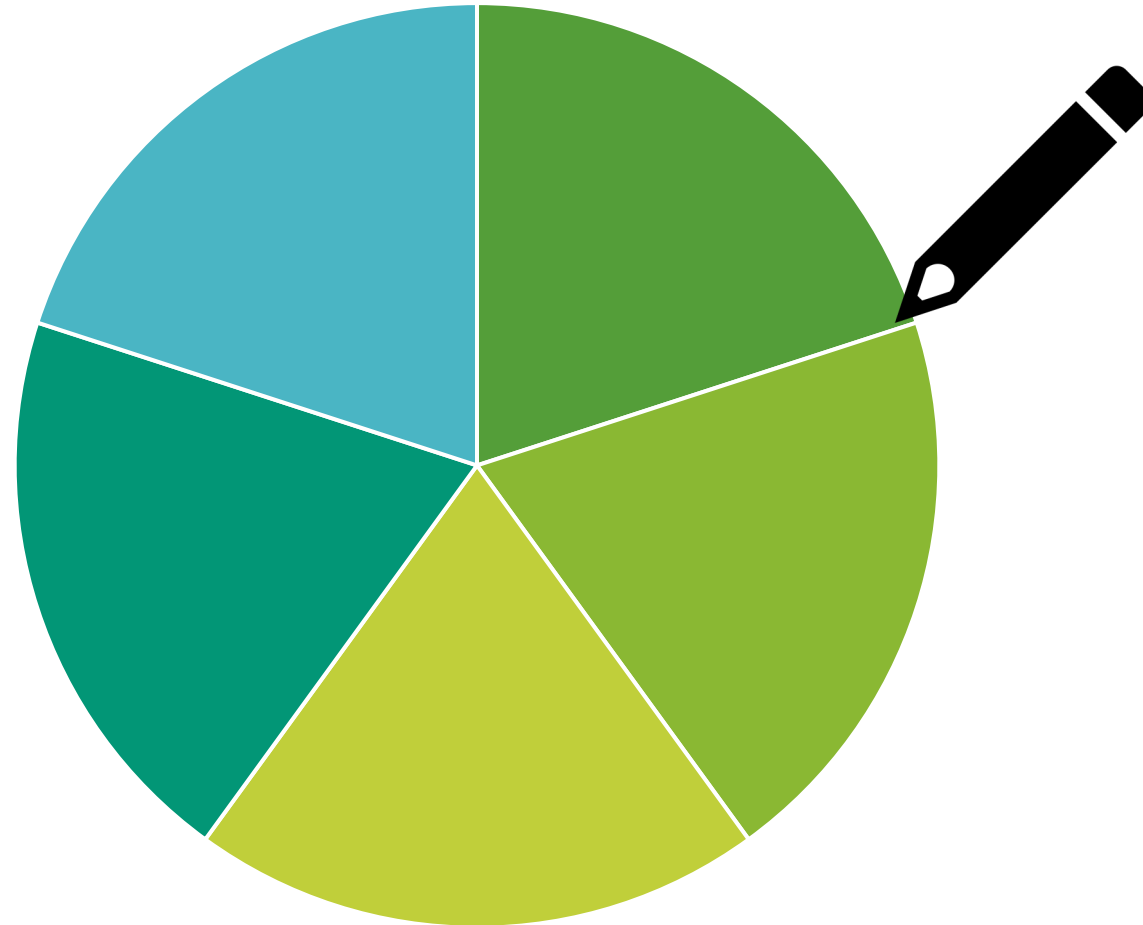
Mindful eating

- 1. Do I pause to ask myself Am I hungry? Before, During, After eating?
- 2. If I am not hungry and want to eat, do I observe and ask myself what is driving my desire? My trigger?
- 3. Do I try to use my 5 senses every time I eat?
- 4. Do I explore the 5 tastes every time I eat?
- 5. Do I take at least 20 minutes to eat a meal?

Whealth-being Wheel Instructions

Advance at your own pace, tip by tip. Adjust your point on the circle – inside for dis-satisfaction and outside for satisfaction.

Tips Mindful Eating



■ 1 ■ 2 ■ 3 ■ 4 ■ 5



Tips
Movement
&
Recovery



Movement

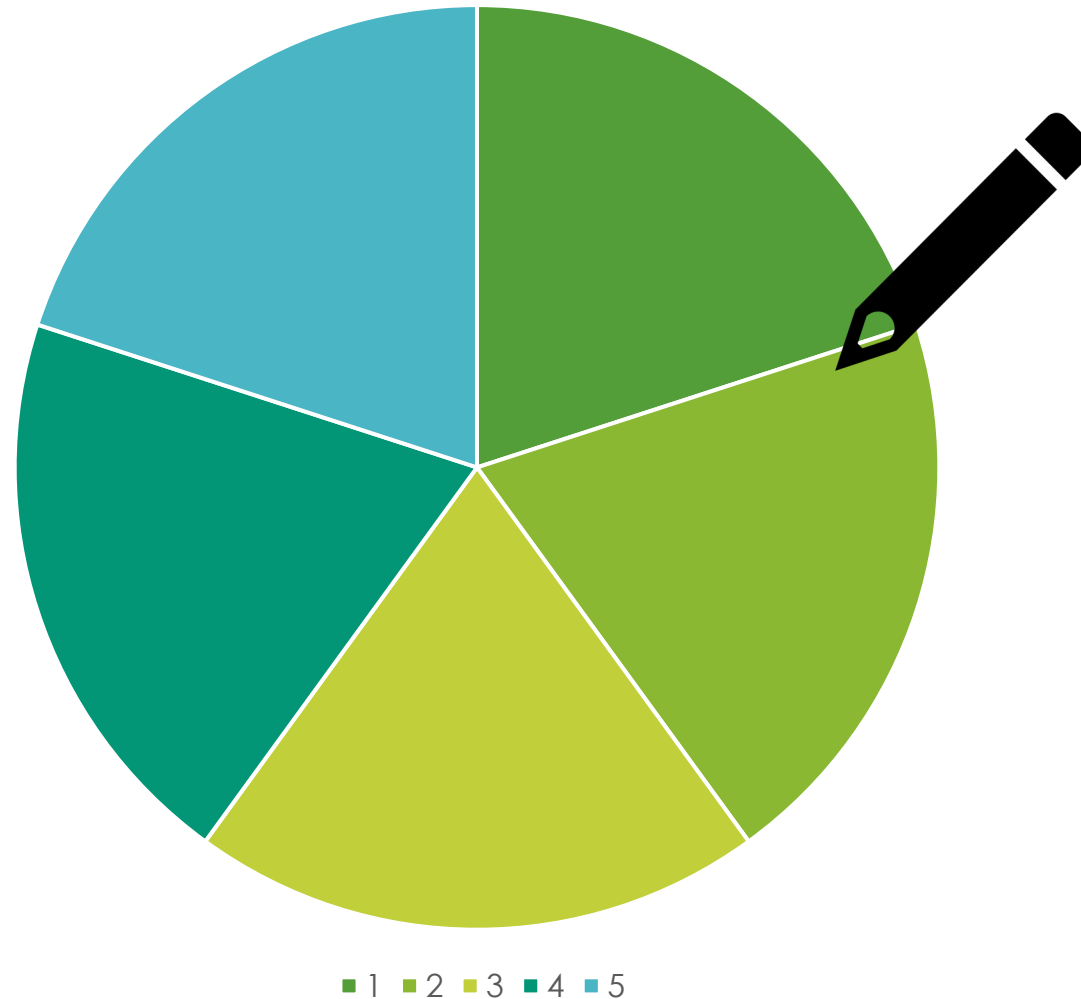


- 1. Do I observe my step count and aim for at least 10'000 per day?
- 2. Have I set myself micro-objectives to gradually increase my steps if necessary?
- 3. Have I considered using an APP and/or reminders to take a walk?
- 4. Do I aim for progress and not perfection?
- 5. Do I seek out activities I enjoy and observe the benefits they bring?

Whealth-being Wheel Instructions

Advance at your own pace, tip by tip. Adjust your point on the circle – inside for dis-satisfaction and outside for satisfaction.

Tips Movement





Tips Sleep & Recovery

Sleep & recovery

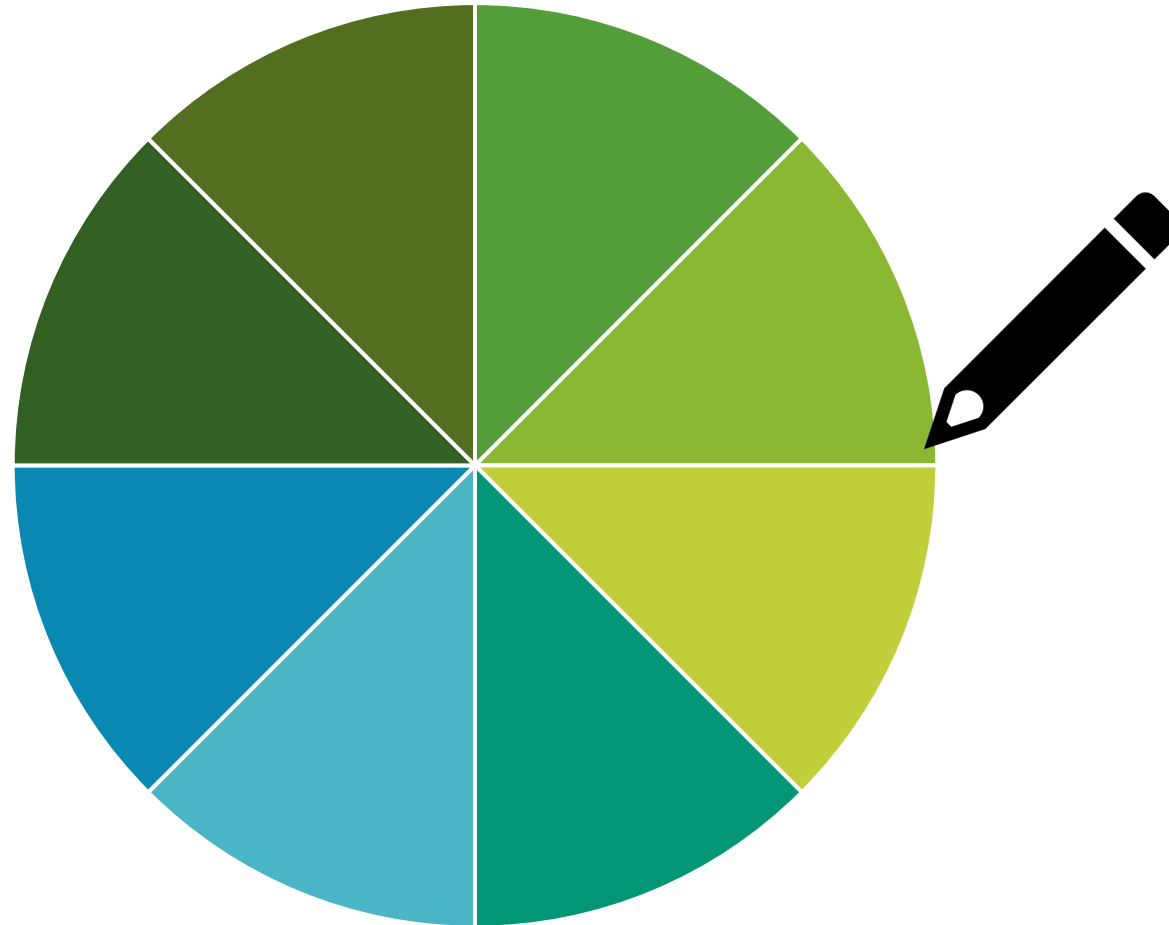


- 1. Do I take a break to recover every 90-120 minutes throughout the day?
- 2. Have I considered using an APP and/or reminders to take a break?
- 3. Do I prioritize sleep by planning my bedtime and adjusting my agenda to allow for it?
- 4. Do I try to have a few hours transition time between work and sleep?
- 5. Do I aim for a regular bedtime and waketime?
- 6. Do I turn off all devices 1 hour before bed?
- 7. Do I sleep in a dark, fresh, de-cluttered bedroom?
- 8. Do I expose myself to (outside preferably) light asap in the morning?

Whealth-being Wheel Instructions

Advance at your own pace, tip by tip. Adjust your point on the circle – inside for dis-satisfaction and outside for satisfaction.

Tips Sleep



■ 1 ■ 2 ■ 3 ■ 4 ■ 5 ■ 6 ■ 7 ■ 8



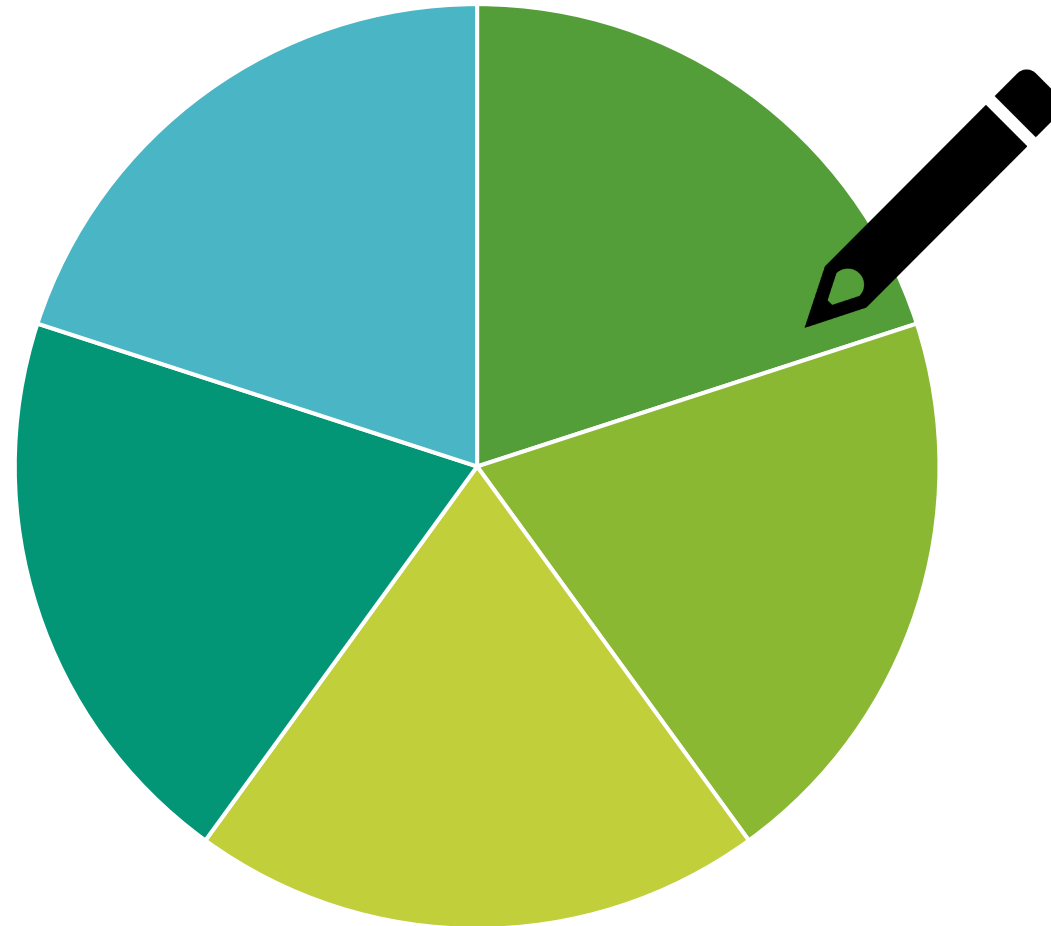
Relaxation

- 1. Do I aim to get 7 to 9 hours sleep each night, using “off-time” as my guide?
- 2. If stressed, do I write my thoughts on paper before bed?
- 3. Do I read real books, proven de-stressors?
- 4. Might I take a warm bath or shower to relax?
- 5. Do I practice breathing and/or meditation exercises?

Whealth-being Wheel Instructions

Advance at your own pace, tip by tip. Adjust your point on the circle – inside for dis-satisfaction and outside for satisfaction.

Tips Relaxation



■ 1 ■ 2 ■ 3 ■ 4 ■ 5

Sleep-Nutrition

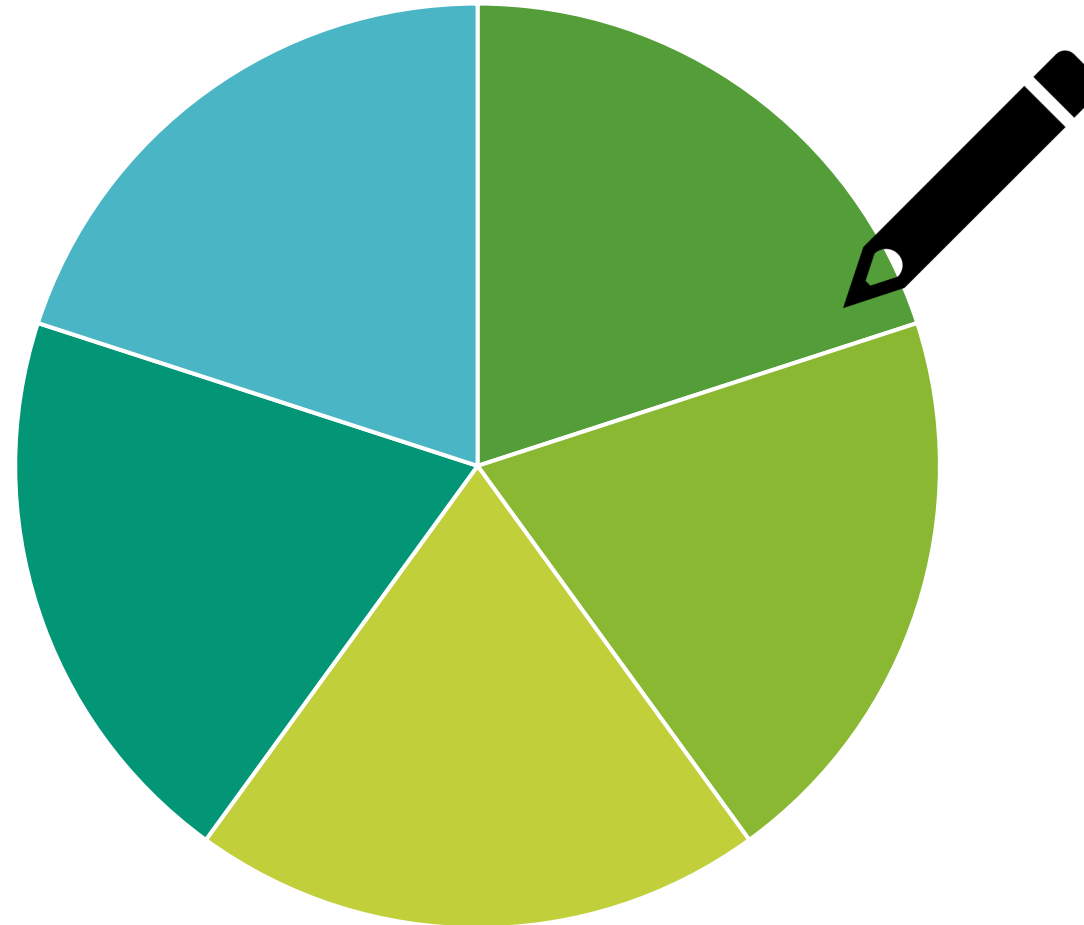


- 1. Do I limit alcohol to 1 glass?
- 2. Do I limit caffeine throughout the day and observe its effect on my sleep?
- 3. Do I eat a balanced, smallish meal combining some protein, carbs & fat?
- 4. Do I try to eat a few hours before bed?
- 5. Do I limit liquids 2-3 hours before bed?

Whealth-being Wheel Instructions

Advance at your own pace, tip by tip. Adjust your point on the circle – inside for dis-satisfaction and outside for satisfaction.

Tips Sleep-Nutrition



■ 1 ■ 2 ■ 3 ■ 4 ■ 5

Sleep-Movement

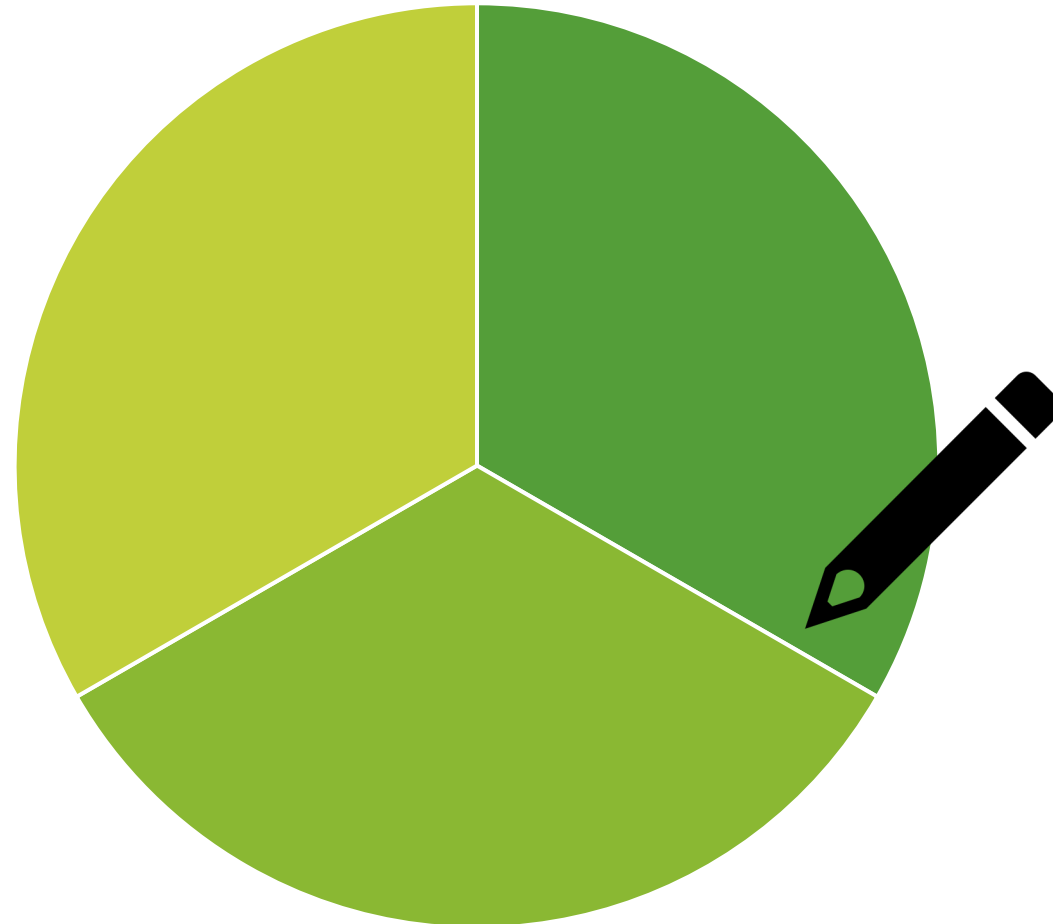


- 1. Have I noticed how regular exercise helps me sleep better – serotonin?
- 2. Do I avoid activity too late that might be a stimulant and prevent sleep?
- 3. Have I noticed when I am truly tired and the effect it has on my mood, work and physical activity?

Whealth-being Wheel Instructions

Advance at your own pace, tip by tip. Adjust your point on the circle – inside for dis-satisfaction and outside for satisfaction.

Tips Sleep-Movement



■ 1 ■ 2 ■ 3 ■



Have I checked with a doctor if...

- I have frequent daytime sleepiness
- I snore regularly
- I have sleep apnea
- I have difficulty falling asleep
- I have difficulty staying asleep
- I wake up with headaches or unrefreshed
- I experience numbness in legs or arms during the night

Bonus: Mindfulness

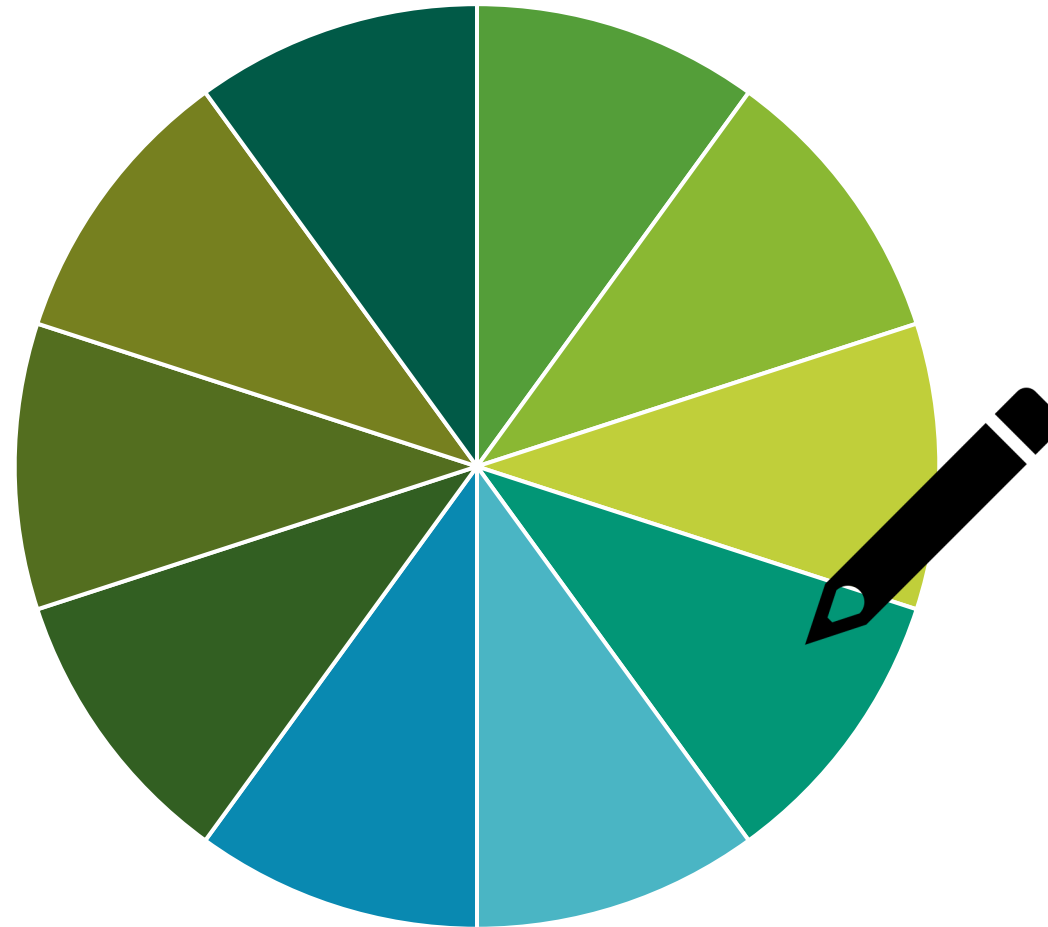
mindfulness

- ❑ 1. At random times throughout your day, like while driving or cooking, take a few minutes to notice your breathing. Sense the flow of the breath in and out and focus your attention on your breathing.
- ❑ 2. When you are eating, stop to observe your food. Notice the color, texture, smell and taste. Chew slowly to savor every bite as if it were the first time you ate it.
- ❑ 3. When you are walking, tune into how your weight shifts and the sensations in the bottom of your feet. Focus less on where you are headed and more on the feeling underground.
- ❑ 4. Take some time today to simply be. Don't feel that you need to fill up all your time with doing and notice what it feels like.
- ❑ 5. Today, try meditating for 5-10 minutes. Every time your mind wanders to thinking, gently bring it back to your breath.
- ❑ 6. When you notice random thoughts occupying your mind when you are trying to mindfully meditate, recognize that they are simply thoughts; you don't need to believe them or react to them.
- ❑ 7. Practice listening and observing curiously without making judgments. Choose someone specific to do this with each day.
- ❑ 8. Notice where you tend to zone out (e.g., driving, emailing or texting, web surfing, feeding the dog, doing dishes, brushing teeth, etc.). Once you have noticed your zone, practice bringing more awareness to that specific activity.
- ❑ 9. Spend time in nature and notice the air, trees, ground and surroundings.
- ❑ 10. Today, express gratitude to somebody in your life. Notice how your relationship changes.

Whealth-being Wheel Instructions

Advance at your own pace, tip by tip. Adjust your point on the circle – inside for dis-satisfaction and outside for satisfaction.

Mindfulness



■ 1 ■ 2 ■ 3 ■ 4 ■ 5 ■ 6 ■ 7 ■ 8 ■ 9 ■ 10

Are you ready for coaching? [Contact me](#) for your Cost-Free Discovery Session Now! Not sure? Check out my [video and checklist](#) to see if we are right for each other and if you are ready for coaching.

ekoher@whealthness.ch
www.whealthness.ch

