

THE 10 DAY WELLNESS 360

# ADDING-IN CHALLENGE

BLUEPRINT



# Welcome to Wellness360™

To get started on your wellness journey, I invite you to join me and take the Wellness 360™ 10-Day Adding-In Challenge starting today. During this challenge, you'll have the chance to focus in on one simple change that can make a big difference in your health and life. This blueprint will guide you through the simple steps you can take.

**Before you get started, I'd like to share with you more about who I am, what Wellness 360™ is and how it can support you.**

## WHO AM I?

I'm a Certified Wellness Coach and Wellness 360™ Leader. I received my training from The International Association of Wellness Professionals (IAWP), the global leader in holistic health and wellness training. As an IAWP Wellness Coach, I'm trained in wellness, holistic health and nutrition, natural health and the CORE Coaching method – skills that have allowed me to help others create lasting changes with their health. My goal is to support you to reach your health goals and create a life you love to wake up to everyday. You can learn more about me on my website where you downloaded this blueprint.

## WHAT IS WELLNESS 360™?

Wellness 360™ is the IAWP philosophy that our health and well-being is affected by all areas of our life. Beyond the food we eat, there are many other factors that affect our overall wellness. We can't just look at health in a vacuum, rather we need to look at the whole picture. Wellness 360™ takes in account all areas of a person's life that directly impact one's health including physical factors such as [Sunshine](#), [Air](#), [Sleep](#), [Movement](#), [Food](#) and [Water](#). And non-physical elements including [Relationships](#), [Career](#), [Finances](#), [Mindset](#), [Spirituality](#), and [Purpose](#).

Having a 360 degree perspective when you look at yourself will help you to see how one area of your life may be affecting another area. This interconnection between all parts of ourselves is truly a holistic approach to wellness. Wellness 360™ reminds us that we are whole beings with a variety of influences upon our being. When we change one area of our life, we often see other areas change. When we struggle in one area, we often seen a direct impact upon another area.

Knowing how everything is connected, we can better prepare ourselves for creating more balance and lasting changes. Wellness 360™ also points to the fact that we are all unique and have unique needs. What works for one person may not work for another, simply because one element of their life is different. The good news is, we don't have to do advanced medical testing to figure out why they are different. We can simply take the Wellness 360™ approach to find out what is in balance and what is out of balance and work to make small changes to reach our goals.

# What is ADDING-IN?

Adding-In is a holistic Wellness 360 tool that supports you to make lasting lifestyle changes through a step-by-step process. Rather than focusing on eliminating, subtracting, detoxing, dieting, depriving...we focus on adding in new healthy, holistic lifestyle habits. *When you add in, you slowly push out the things that no longer serve you.*

**Join us in the 10 Day Adding-In Challenge! Follow the steps below...**

1. Identify a Wellness 360 Wheel element that you want to focus on.
2. Choose one action step in that area that you can commit to for the next 10 days. Use the list of suggestions below to support you or come up with your own.
3. Report your findings each day of the challenge on the following pages.



# WELLNESS 360

## *adding-in* suggestions



### FOOD ADD-INS

- Eat vegetables with breakfast
- Experiment with natural sweeteners
- Enjoy chemical-free food
- Do a Pantry Makeover



### RELATIONSHIP ADD-INS

- Create special time to connect
- Make an extra phone call
- Surprise someone
- Practice saying no



### MOVEMENT ADD-INS

- Walk daily
- Try a new movement
- Practice yoga
- Stand at your desk



### CAREER ADD-INS

- Set new goals
- Do an informational interview
- Ask for a raise or new work arrangement



### SLEEP ADD-INS

- Read a book before bed
- Go to bed early
- Sleep in



### FINANCE ADD-INS

- Review your financial goals
- Track your spending
- Purchase something you desire
- Wait to purchase something you desire



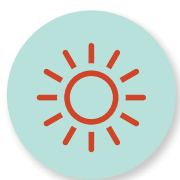
### AIR ADD-INS

- Use an air purifier
- Diffuse essential oils
- Practice breath work or deep breathing
- Go outside for fresh air



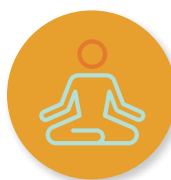
### MINDSET ADD-INS

- Identify your limiting beliefs
- Explore what triggers you
- Journal about your fears
- Speak positively



### SUNSHINE ADD-INS

- Enjoy some time in the sun
- Wake up to see the sunrise
- Watch the sunset
- Get a Vitamin D test



### SPIRITUALITY ADD-INS

- Commit to a daily meditation, prayer or spiritual practice
- Read spiritual literature
- Listen to what speaks to your soul



### WATER ADD-INS

- Drink more water
- Add natural boosters like fruit or herbs to your water
- Install a water filter



### PURPOSE ADD-INS

- Dream about what's possible
- Share your vision with another
- Help someone using your gifts

# MY 10-day challenge

What will I add in more of? \_\_\_\_\_

When will I add this in? (i.e. daily, weekly, etc.) \_\_\_\_\_

Why did I choose this to add in? \_\_\_\_\_

## Track your experience

### What do I notice...

After day 1: \_\_\_\_\_

\_\_\_\_\_

After day 2: \_\_\_\_\_

\_\_\_\_\_

After day 3: \_\_\_\_\_

\_\_\_\_\_

After day 4: \_\_\_\_\_

\_\_\_\_\_

After day 5: \_\_\_\_\_

\_\_\_\_\_

After day 6: \_\_\_\_\_

\_\_\_\_\_

After day 7: \_\_\_\_\_

\_\_\_\_\_

After day 8: \_\_\_\_\_

\_\_\_\_\_

After day 9: \_\_\_\_\_

\_\_\_\_\_

After day 10: \_\_\_\_\_

\_\_\_\_\_

What do I notice after completing the challenge? \_\_\_\_\_

\_\_\_\_\_

How did I feel adding in? \_\_\_\_\_

\_\_\_\_\_

What will I do differently now? \_\_\_\_\_

\_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_



# Your NEXT steps

Congratulations, you've taken the first step toward creating a Wellness 360™ Lifestyle!

Next, look for an email from me soon with more wellness tips to support you in reaching your goals.

As you continue your wellness journey, I want you to know that you're more than just the number on a scale or chart. More than calorie counts or workout plans. I believe a healthier you is not just about eating well or exercising regularly, it's about total mind-body wellness.

Wellness 360™ will show you how to create a truly healthy life and feel your best every day. So if you're serious about improving your own health and well being right away, please visit my website where you downloaded this blueprint so you can learn more about my Wellness 360™ support programs.

