

# WorkLife Harmony™ Wellness Journey Map

Your Customized  
Pathway to be Well

## 05 Milestones of Self-Discovery

- I slept in late.
- I danced to my favorite song.
- I listened to my favorite song.
- I completed annual doctor appointments.
- I scheduled a spa day.
- I planned a vacation for myself.
- I created a meal plan.

"I find joy in taking  
care of my mind,  
body, and spirit."  
- Deborah Stallings

## 03 Mindfulness Practices

- I read my Bible and prayed.
- I practiced deep breathing exercises.
- I wrote in my gratitude journal.
- I said positive affirmations to myself.
- I read a chapter of a book.
- I listened to a podcast while driving.

"I am growing stronger  
with each step."  
- Deborah Stallings

## 01 Daily essentials

- I enjoyed 8 hours of restful sleep.
- I went for a relaxing walk.
- I complimented myself.
- I reflected and smiled about what I'm grateful for.
- I practiced being quiet and still.

"I am worthy of self-  
care and wellness."  
- Deborah Stallings

## 06 Personal Additions

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"I am open to new  
ways of nurturing  
myself."  
- Deborah Stallings

## 04 Monthly Milestones

- I took a long, uninterrupted bath or shower.
- I spent a day not doing anything for anyone else.
- I hung out with family or friends.
- I took a 1-hour detox from social media.
- I explored a new healthy snack.
- I discovered soluble fiber for diet improvements.

"I choose to  
embrace positivity  
and wellness."  
- Deborah Stallings

## 02 Weekly Habits

- I made time to exercise for 10 mins.
- I prepared and ate a healthy meal that energized me.
- I laughed heartily.
- I decluttered my work/home space.
- I spent time in nature.
- I started a new hobby.

"I have the power to  
create a balanced life."  
- Deborah Stallings

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