

WorkLife Harmony™ Wellness Journey Map

Your Customized
Pathway to be Well



06

Personal Additions

- ☐
- ☐
- ☐
- ☐
- ☐

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



"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.

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 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.



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

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



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