



# Wellness for Women

A Creative Workbook to Enhance Wellness

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## A Creative Workbook to Enhance Wellness

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This workbook belongs to: \_\_\_\_\_ a Phenomenal Woman!

# Welcome

I am so happy that you have decided to use this tool on your journey to wellness\*. This is going to be an AWESOME trip! It's all about you and your phenomenalness (is that even a word? )

Each exercise is designed to help you get closer to your authentic self, reach your true potential and create the life you want to live. Because of this, it is important to complete each exercise and to be honest in your responses.



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# What is Wellness?

Wellness is a multi dimensional concept that includes the mental, physical, social, occupational, spiritual, and intellectual areas of your life. Living a life centered on wellness leads to positive and affirming beliefs about self and promotes self-care. Wellness requires an on-going process of self- awareness, self-direction and taking action to reach your full potential.

Often the thoughts that we hold in our minds about ourselves are not positive or affirming. These negative thoughts can result in an unhealthy sense of self, lead to low self-esteem, anxiety, depression, anger, grief, and other somatic illnesses.



# Part I: In Search of Your Authentic Self



# Taking Off The Mask

How would your colleagues describe you?

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How would your friends describe you?

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How would your family describe you?

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Is there a difference in how others view you and how you view yourself? Why do you think this difference exists?

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# Going Back to the Beginning

Think back to when you were a child. Close your eyes and think about each question before you answer. Answer honestly.

Then	Now
1. What did you want to be when you grew up?	1. What is your occupation today?
2. What or who inspired you to make this choice?	2. What helped to influence your decision on the occupation you choose?
3. What did you believe this occupation would bring to your life?	3. Is it what you expected it to be?
4. How did you feel inside when you thought about this occupation?	4. Are any parts of your inner self strengthened by your current occupation?

# Going Back to the Beginning

Think back to when you were a child. Close your eyes and think about each question before you answer. Answer honestly.

Then	Now
1. What made you proud to be yourself when you were a child?	1. When was the last time you were happy with yourself?
2. What was your greatest accomplishment as a child?	2. What has been your greatest accomplishment to date?
3. What was your biggest dream ?	3. What is your biggest dream now?
4. Who was your hero? Why?	4. Who inspires you? Why?
5. How did you envision your life to be at the age you are now, when you were a child?	5. Are you satisfied with who you are?

# Finding Your Authentic Self

The Authentic Self can be described as who you are at your core. It is not defined by what you do or your role. It is not influenced by what others have told you or what you think you should be based on the standards of another person. It is simply, the essential substance that is you.

When you are being true to your authentic self, you feel peace and happiness. When you are not being true to your authentic self, you sense uneasiness, unhappiness and often feel as if you are lost.

True authenticity requires you to always search deeper and deeper into who you think you are and to analyze what you believe to be true about yourself and how you incorporate those beliefs into your daily life. This cycle of constant discovery and fine-tuning encourages us to always evolve to our best selves.





# Dream Again But This Time Make it Reality

Think about your childhood dreams and where you are in life now. It's time to create a new dream for your life. This is your life and you have a purpose on this Earth. You have been given everything you need to walk in your destiny and complete your purpose.

Describe your new dream.

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What makes this dream important to you?

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How will this dream impact your life? Will it fit into what you believe to be true about your authentic self?

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# Your Authentic Self

1. Name 3 things you know to be true about your authentic self?

1.

2.

3.

2. For each answer you listed in **Question #1**, list two reasons why you know each thing is true from what you **say to yourself** daily.

## Answer. 1

1.

2.

## Answer 2

1.

2.

## Answer 3

1.

2.

# Your Authentic Self

3. For each answer you listed in **Question #1**, list two reasons why you know each thing is true from **what you do** daily.

## Answer 1

- 1.
- 2.

## Answer 2

- 1.
- 2.

## Answer 3

- 1.
- 2.

4. Compare what you wrote under what you say and what you do.

- How are they congruent with each other?
- How are they different from each other?
- If there was a difference, why do you think there was a difference?

# Your Authentic Self

If there was a difference in what you believe about yourself, your self talk and your daily actions what steps could you take to bring them in alignment?

- 1.
- 2.
- 3.
- 4.
- 5.

From the list you just created choose two possible solutions to help bring what you believe to be true about yourself, what you say about yourself and your actions into alignment.

- 1.
- 2.

# Your Authentic Self

Create your 1<sup>st</sup> goal using one solution you created on the previous page. Your goals should make you \*STEP UP<sup>®</sup>!

Specific

Time Orientated

Executable

Passion Based

Unique to You

Practical

**Goal 1:**

S

T

E

P

U

P

\*A Coastal Carolina Wellness Connection Goal Model

# Your Authentic Self

Create your 2<sup>nd</sup> goal using one solution you created on the previous page. Your goals should make you \*STEP UP<sup>®</sup> !

**Specific**

**Time Orientated**

**Executable**

**Passion Based**

**Unique to You**

**Practical**

## Goal 2:

S

T

E

P

U

P

\*A Coastal Carolina Wellness Connection Goal Model





# Cycle of Personal Growth\*

\*Coastal Carolina Wellness Connection Model



# Be Bold, Be Fearless Be You!

Knowing your authentic self leads to greater success in your personal and professional life. It gives you the power to make your life, relationships and career more meaningful. It also allows you to discover ways to share your gifts and talents with others in a way that only you can.

**Celebrate who you are and appreciate yourself. It is not enough to think it, your life must show it!**

List 3 ways you will be Bold, Fearless, and Yourself

1.

2.

3.

*"When I let go of what I am, I become what I might be." Lao Tzu*

You have just completed the first part of a five part workbook.

Interested in obtaining this workbook in it's entirety?

Send an email to :  
[Solutions@benitathornhillonline.com](mailto:Solutions@benitathornhillonline.com)

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