

SB WELLNESS GROUP

Monthly Newsletter | January 2024

SBwellness



MONTHLY
MOTIVATION TO A
HEALTHY LIFESTYLE



Connect With Your Purpose
Finding Your WHY by Giving Back
Journal Exercise to Move You to the Next Level
Monthly Habit: Do More of This & Less of That

CONNECT WITH YOUR PURPOSE

What Needs to Go:

- Overcommitting to things that don't align with your purpose.
- Too much tuning out with binge watching, social media and screentime.
- Procrastinating on the steps you should be taking to reach your goals.
- Staying distracted with too much multitasking or keeping your environment messy or unorganized.
- Long periods of inactivity or sedentary lifestyle.

WHAT YOU SHOULD MAKE SPACE FOR IN YOUR LIFE:

Hone Your Talents

Make time to improve and nurture your crafts, talents or gifts you have to give.

Volunteer More

Replace distracted time spent staring at a screen with giving back. Volunteer, mentor, or support.

Get Organized

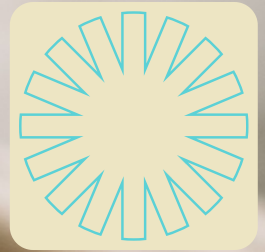
Spend time each week on organizing your life and your schedule. Stay consistent for success.

More Self-Care

Keep focused and motivated by living a healthy, more balanced lifestyle



Journal Exercise



What is holding you back from living your most authentic life? It is often

necessary to let go before you can move forward towards what you really want in life. This can take some personal work to figure out what it is you need to get to the next level. Try this daily journal exercise, practice for just a few minutes, two times a day:

Questions to ask yourself each morning:

1. What is one small thing I can do today to work towards my purpose?
2. List one personal strength or talent.
3. What do I need more of in my day to achieve my goals?

Questions to ask yourself each evening:

1. What got in my way of accomplishing what I wanted today?
2. Did my mindset stay positive today?
3. What was it that was weighing me down or holding me back?

If it's not taking you to the next level, it's holding you back.

FINDING YOUR 'WHY'

BY GIVING MORE

There is so much talk, especially at this time of year, about making changes, living the good life, or making 2024 your best year ever. Just contemplating New Year's goals or thinking about failed resolutions of years past can cause added stress.

Let's shift the focus to living with intention or setting intentions that will help you align with and better discover your life purpose and passions. If you have been struggling to stay focused on personal goals, a perfect place to begin is discovering ways you can give back.



The simple act of giving can lead to a profound connection with your life purpose and a deeper understanding of what truly matters.

The sense of purpose derived from giving back can lead to better mental health. According to [research](#), having a sense of purpose is linked to lower rates of depression and improved emotional well-being.

Discover the ripple effect of generosity in the [FULL ARTICLE](#).

The heart of human excellence often begins to beat when you discover a pursuit that absorbs you, frees you, challenges you, or gives you a sense of meaning, joy, or passion. –Terry Orlick





“When your intention is clear, so is
the way.” - Alan Cohen

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