DR. RACHEL'S

ADD/REDUCE EXERCISE

MOVING TOWARDS MORE BALANCE & WELLBEING

ADD/REDUCE EXERCISE

No matter where you are TODAY in your wellness journey, no matter what steps, growth and expansion you have already taken action towards in your mind, body, heart & spirit... there is always room for more growth, more wellness & increased wellbeing.

On the pages below, write out additional things to add or reduce in your life. Take into consideration moving your mind, body, heart & spirit towards more wellness AND also take into account all of the major areas of life; health & wellness, career & finances, family & relationship and self-development & spirituality.

ADD/REDUCE

Write a list of all of the things to add or reduce within your life...

ADD	REDUCE

ADD/REDUCE

Write a list of all of the things to add or reduce within your life...

ADD	REDUCE

ADD/REDUCE

Write a list of all of the things to add or reduce within your life...

ADD	REDUCE