



PERCEPTIVEHEALINGS.COM

# A GUIDE TO PERCEPTIVE WELLNESS CLUB

Written by Brenda Green





# Welcome

Congratulations on taking this meaningful step toward prioritizing your wellness. Whether you are new to exploring yogi self-care and primal habits or have already begun your journey, you have arrived at the perfect time and place. Your heart and soul have guided you here, connecting you with a community of like-minded individuals dedicated to living with intention and vitality. This guide is an invitation to rediscover yourself, align with your dharmic purpose, and step into the next level of your journey. It's an opportunity to nurture the practices that sustain a thriving lifestyle.

The commitment you are making to your wellness is impactful, offering rewards that will enrich your body, mind, and spirit for a lifetime. Inside this guide, you'll find a blend of actionable practices, setting intention, reflective prompts, and journaling exercises to help you clarify your goals and prepare for a personalized wellness conversation.

Together, we will create a year filled with intention, joy, and growth.



*Brenda Green,*  
*Wellness Mentor*







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## INTRODUCTION

Club Timeline and what to expect in our community.

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## TIPS FOR ORIENTATION

Maintaining what is important to you during this season and a few resources to utilize between now and our start date.

Books our group will reference throughout the year.

07 - 09

## TIPSHEET ON SETTING INTENTION

The practice of daily intentions and creating a journal to track your progress and adaptability.

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## CONCLUSION

Investing in your wellness.

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# Club Timeline

This self-discovery wellness journey is from September 2025 through September 2026 with weekly live calls on Zoom. In November and December we will enjoy fun workshops during the first part of each of those months; to allow more family time during the holidays (without weekly calls the rest of Nov-Dec). In January, we resume our weekly live calls.

Intermittent Fasting and rebuilding our microbiome are habits we will utilize throughout and during our seasonal cleanses.

For those seeking deeper spirituality, subtle energy awareness, and want to continue on their growth path with me; I offer **Spiritual Advancement Club** when you complete Perceptive Wellness Club.



## QUESTIONS?

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# Introduction

## CHAPTER ONE

Your commitment to attend and engage in our growth-based community is necessary for everyone to gain the most benefits and highest results. We are all seeking optimal health to lead our desired life to its fullest and in the most easeful way. Developing abundance in all areas of our lives as a reciprocal gift to us from the Universe when we align with our spirituality, hearts, passions and true self, we experience abundance.

You are your own healer, I am here as your Wellness Mentor. The heart of my passion is to empower each person to self-heal and utilize their "gifts". Feel great in your body as you tune into your inner wisdom.





# Tips for Orientation

Think about what you need and want from this club. What will aid you with your growth path? Set your intention for this transformational journey. Are you working on deeper connections in relationships, abundance, expanded spirituality or making the yogi and primal habits a way of life? Is it to resolve health issues? We will talk more about that during our kickoff call. Listen to the “Integration call” from my founding members in the fourth quarter.

<https://bit.ly/PWCIntegration0724>

## We will use the following books:

Uninflamed by Cate Stillman

Body Thrive by Cate Stillman

NeuroDharma by Rick Hanson

Everyday Ayurveda Cooking for a Calm, Clear Mind by Kate O'Donnell

On the waitlist? Join **Women's Intuition Self-Care Starter Course** to **begin experiencing** a commitment to your wellness goals, (located on [perceptivehealings.graphy.com](http://perceptivehealings.graphy.com)) location of all the clubs, courses and workshops Perceptive Healings offers. Time commitment for enrolling in Perceptive Wellness Club paid membership: Two to five hours per week for live calls, recordings, reading and class content and integrating what you learn. This is a one-year healing journey online.

## INTENTION

...there is only one intention. This is the grand gesture of the work. It is not an exercise of thought, a goal to be set, or a means of commodification. It is a truth that lives inside you. Through your living it, that truth becomes embedded in the work." - Rick Rubin







# Tips for setting intention

- **Cultivate Presence:** Start your day with a few minutes of awareness around your breath, grounding yourself in the present moment. In "Neuro Dharma," Rick Hanson emphasizes the importance of being present to fully engage with your intentions.
- **Clarify Values:** Reflect on your core values.
- **Set Positive Intentions:** Craft intentions that are positive, actionable, and achievable.
- **Keep Them Specific:** Make your intentions specific to your day's activities. Instead of a general intention like "be happy," focus on something tangible, like "find joy in small moments throughout the day."
- **Visualize Success:** Take a moment to visualize yourself successfully embodying your intentions. See yourself navigating situations with your desired qualities. Rick Hanson's book discusses the power of visualization in strengthening neural pathways.
- **Practice Gratitude** start with this moment, add it into your daily routine.
- **Make a commitment** to consistent integration into your daily routine
- **Reflection:** Acknowledge moments when you successfully embodied your intentions and areas where you can improve.
- **Be Kind to Yourself**
- **Adapt and Evolve:** As you progress, revisit your intentions. Allow them to evolve with your growth and changing circumstances.
- **Journaling Practice:** Consider keeping an intention journal. Write down (or voice record) your daily intentions, experiences, and insights. This practice can enhance self-awareness and provide a reference for your progress. If daily feels like too much, try a weekly intention.







# Creating an Intention Journal

## CHAPTER TWO



During this reflective time, focus on where you are right now. Let who you are becoming next, unfold. It helps to meditate for a few minutes first, feeling your feet ground into the earth. Look over the questions and write out what you are feeling is important right now when you think about your needs, health goals, and any challenges you have experienced recently that you would like to change. Use the "setting intentions" tipsheet to prompt specific ideas.

Don't worry about the how, just allow some deep contemplation and reflection, and let your mind wander onto any area of your body that needs your attention. That may play a part in your answers as well.



DATE

# Journal

ON THE FOLLOWING QUESTIONS

What do you want to break free of?

What could be better in your life?

What do you wish were different?

Where do you get stuck?

What habit or routine do you wish didn't influence  
your daily choices?

What do you want to accomplish next?  
How do you feel about developing intuition?

- Contemplate and reflect on what feels important to you to accomplish in this round of your healing and spiritual journey. Let your intentions flow.
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- We will talk about it during our 45 minute wellness goals conversation. If you haven't scheduled yet, go ahead and set it today,
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## CONCLUSION

# Congratulations on your commitment to investing in your wellness.

Your decision to invest in your wellness is a powerful step toward embracing your true self. This journey is not about perfection—it's about progress. Through awareness, self-compassion, and cultivating primal habits that ground us, we unlock resilience, and ease in our daily lives. Wellness does not mean we will always feel happy, never face challenges, or avoid moments of anger or self-doubt. Instead, it acknowledges that growth happens gradually, at our own pace, as we refine our awareness and align our habits with our natural circadian rhythms.

Eliminating inflammation from our lives offers a measurable return on your investment—enabling you to design and integrate circadian rhythm practices that allow you to thrive. This state of thriving empowers you to craft a life that reflects your deepest desires and truest potential.

At the heart of this process lies Ayurveda, offering profound insight into who we are on every level—physically, spiritually, mentally, and energetically. Chakras provide an essential framework for understanding the flow of subtle energy within you, helping you align more deeply with your inner wisdom. This self-discover journey reflects your dedication to wellness, serving as the cornerstone for living in alignment with your full potential and dharmic purpose.







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Explore the Perceptive Healings Podcast and immerse yourself in features a wealth of evolving, theme-based wellness content released monthly, alongside engaging mini-workshops designed to support your growth and well-being.

✨ Subscribe today to stay connected and nurture your journey of self-discovery and holistic vitality.

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