



THE SIMPLE GUIDE TO WELLNESS

*Mindful Living
Made Easy*

by Scott W. Possley



Introduction

In our fast-paced world, stress often feels like an inescapable part of life. Whether it's the demands of work, personal challenges, or the constant noise of our surroundings, our bodies are frequently locked in a state of "fight or flight." This survival mode, driven by stress hormones like cortisol and adrenaline, takes a toll on our physical and mental health, leaving us drained, anxious, and disconnected.

But there's a powerful antidote that lies within us: mindfulness. Mindfulness is a powerful wellness technique that empowers us to reclaim our health, our peace, and our joy. Through simple practices like mindful breathing and meditation, we can reset our nervous system, lower our stress levels, and tap into the incredible benefits of a balanced, mindful life.

This guide is designed to help you understand the profound impact of stress on your body and how you can harness the power of mindfulness to transform your well-being. Together, we'll explore practical techniques that will not only calm your mind but also heal your body, leading you to a healthier, more fulfilled life. Remember, this journey is not about perfection—it's about progress. And you can start today. You've got this!

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*Wellness encompasses a healthy body,
a sound mind, and a tranquil spirit.
Enjoy the journey as you strive for
wellness.*

- LAURETTE GAGNON BEAULIEU



01 What is Wellness?

Wellness isn't just about dodging illness—it's about living life in full color! Imagine feeling energized, clear-minded, emotionally steady, and driven by a sense of purpose. That's wellness. It's the perfect balance between body, mind, and spirit, helping you not just survive, but truly thrive.

Now, let's clear something up: there isn't one magical path to wellness. Just as every one of us is a unique mix of experiences, goals, and challenges, the journey to wellness is deeply personal. Maybe for you, wellness looks like a peaceful morning meditation, or maybe it's a sweat-inducing run, painting to your heart's content, or simply laughing with loved ones. The beauty of wellness is that it's all about what works for you. There's no one-size-fits-all—just a variety of paths, each one as valid as the next.

We live in a rich, multicultural world filled with diverse approaches to wellness. Whether it's ancient traditions, modern science, or a mix of both, there's a treasure trove of practices waiting for you to explore. The trick? Find what resonates with you and run with it.

Of course, no wellness journey would be complete without talking about exercise and diet. Regular physical activity keeps our bodies strong and our spirits high, while a balanced diet fuels us with the energy and nutrients we need to tackle the day. But here's the kicker: exercise and diet are just pieces of the puzzle. The real foundation of any lasting wellness plan? It's all about your mental health.

Mental health is the bedrock of wellness. It's the engine that drives our actions, our motivation, and our ability to navigate life's ups and downs. When we prioritize mental well-being, everything else falls into place. Practices like mindfulness and meditation help clear the mental clutter, making room for positive change and growth.

So, in this guide, we're starting with mental health and wellness because it's the key to everything else. By taking care of our minds, we set ourselves up for success in every area of our lives. And remember, your wellness journey starts today. There's no rush, no "right" way—just the decision to take that first step.

So why not start now? Your journey awaits!

Let's begin!

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*In order to succeed, we must first
believe we can.*

- NIKOS KAZANTZAKIS



02 What is Mindfulness?

Mindfulness is the practice of being fully present and engaged in the current moment, without judgment. It's about paying attention to your thoughts, feelings, and surroundings with an open and accepting attitude. This simple but powerful practice helps you become more aware of your experiences and how you respond to them.

Here's how mindfulness plays a crucial role in wellness:

- **Enhances Emotional Well-being:** By focusing on the present, mindfulness helps you manage and understand your emotions better. It encourages you to observe your feelings without getting overwhelmed by them. This can lead to improved emotional stability and resilience.
- **Reduces Stress:** Mindfulness practices, like deep breathing and meditation, activate the body's relaxation response. This can lower stress levels, reduce anxiety, and promote a sense of calm and balance.
- **Improves Physical Health:** Stress reduction through mindfulness can have positive effects on your physical health. It can lower blood pressure, improve sleep, and boost your immune system, contributing to overall well-being.
- **Boosts Focus and Productivity:** Being present helps you concentrate better on tasks and make more mindful decisions. This can enhance your productivity and effectiveness in both personal and professional settings.

- **Strengthens Relationships:** Mindfulness fosters better communication and empathy. By being present and attentive, you can connect more deeply with others, leading to healthier and more fulfilling relationships.
- **Promotes a Balanced Lifestyle:** Mindfulness encourages you to be aware of your habits and choices. This awareness helps you make healthier decisions regarding diet, exercise, and self-care, supporting a balanced and holistic approach to wellness.

In essence, mindfulness is a tool that helps you navigate life's challenges with greater ease and clarity. By integrating mindfulness into your daily routine, you enhance your overall well-being, leading to a more balanced and fulfilling life.

The Power of Mindful Breathing

Let's talk about one of the simplest yet most powerful tools you have at your disposal: your breath. Mindful breathing is an incredibly effective way to bring calm, focus, and clarity into your life. And the best part? You can do it anytime, anywhere. Whether you're at your desk, in the car, or lying in bed, mindful breathing is always accessible. **YOU CAN DO THIS!** You have the power to bring peace into your day, one breath at a time.

Mindful breathing is about focusing on your breath, letting it guide you into a state of calm and presence. It's about slowing down and tuning into the rhythm of your breath, which can help you manage stress, reduce anxiety, and even improve your physical health. Here are some simple techniques to get you started:

- **4-7-8 Breathing:** Inhale quietly through your nose for 4 counts, hold your breath for 7 counts, and exhale completely through your mouth for 8 counts. Repeat this cycle a few times to feel more relaxed and grounded.
- **Box Breathing:** Imagine drawing a box with your breath. Inhale for 4 counts as you trace the first side of the box. Hold for 4 counts as you trace the top, exhale for 4 counts as you trace the other side, and hold for 4 counts as you complete the box. This is great for calming the mind and reducing stress.
- **Diaphragmatic Breathing:** Place one hand on your chest and the other on your belly. Breathe deeply so that your belly rises and falls with each breath, while your chest remains still. This deep, belly breathing is a powerful way to relax and bring more oxygen into your body.
- **Alternate Nostril Breathing:** Close your right nostril with your thumb and inhale deeply through your left nostril. Then, close your left nostril with your finger and exhale through your right nostril. Continue this pattern, alternating nostrils, to bring balance and harmony to your mind and body.
- **Breath Counting:** Close your eyes and take a few deep breaths. On your next inhale, count “one” in your mind, and on the exhale, count “two.” Continue counting your breaths up to ten, then start over. This practice helps you stay focused and present.
- **Mindful Observation of Breath:** Simply observe your breath without trying to change it. Notice the sensation of air moving in and out of your nose or mouth. This simple observation can help you become more present and aware of your body.

- **Resonance Breathing:** Inhale for 5 counts and exhale for 5 counts, creating a rhythmic, even flow of breath. This technique helps to harmonize your breathing and can be very soothing.

Mindful breathing is a simple yet powerful wellness practice that can profoundly impact your overall well-being. To get started, you don't need to master every type of mindful breathing technique. Instead, experiment with different examples to see which ones resonate with you the most. By finding one or two techniques that feel right, you can create a personalized breathing routine that becomes your go-to tool for managing stress and enhancing your daily life.

Start by trying out various mindful breathing methods. Perhaps you'll find that a deep, slow breath works best for you, or maybe you'll prefer a rhythmic, focused inhale and exhale. The key is to explore and see what feels most comfortable and effective. Once you identify the techniques that resonate with you, integrate them into your daily routine.

Set a reminder on your phone or mark it on your calendar to practice mindful breathing every day. Aim for just a few minutes each day—whether you do it in the morning to set a calm tone for your day or in the evening to wind down. By making this a daily habit for 30 days, you're laying a strong foundation. When stressful moments arise, you'll already have a reliable tool to help you navigate them with greater ease.

Incorporating mindful breathing into your daily routine is more than just a practice; it's a way to enhance your quality of life. It's a wellness technique that you can do anywhere, at any time, without any special equipment. Whether you're at your desk, waiting in line, or taking a break, mindful breathing is a flexible practice that fits seamlessly into your life.

By committing to this practice, you'll build a sense of calm and focus that supports your overall well-being. Practicing mindful breathing daily helps you stay grounded and centered, making it easier to handle life's challenges and enjoy its moments of joy. So, take a few minutes each day to breathe mindfully—it's a simple yet transformative step toward a healthier, more balanced life.

Meditation

Imagine waking up every morning with a clear mind, a sense of calm, and the ability to face whatever the day throws at you with confidence and ease. Imagine being able to handle stress like it's no big deal, sleeping like a baby every night, and finding joy in the little things—living in the moment, rather than being stuck in the past or worrying about the future. This isn't some far-off fantasy; it's a reality that's within your reach, and it starts with one simple, yet powerful practice: meditation.

Why Meditation?

For many, the idea of meditation can seem a bit out there. Maybe you've tried it before and felt like you failed because you couldn't stop your thoughts. Or perhaps you've written it off, thinking it's just not for you—maybe because you're too busy, too stressed, or simply skeptical about its benefits. If any of this sounds familiar, you're not alone. But here's the thing: meditation, especially Vedic Meditation (VM), isn't about stopping your thoughts or sitting in silence for hours. VM encourages thoughts and allows them during the meditation practice. And the time it takes to meditate, you get back tenfold, with benefits including agility, better problem-solving skills, improved creativity and increased productivity because you are mentally refreshed through this practice.

The Power of Vedic Meditation: A Practice for Everyone

Vedic meditation is different. It's designed for real people with real lives—people who have thoughts, busy schedules, and maybe even a bit of skepticism. In Vedic meditation, thoughts aren't the enemy. In fact, they're a natural part of the process. This technique works with your mind, not against it, allowing you to experience profound relaxation and stress relief, even if your mind is buzzing with thoughts.

Here's how it works: By repeating a simple mantra—a sound pleasant to your mind—you gently guide your mind to quieter levels of awareness. You don't need to force anything or clear your mind of all thoughts. The mantra naturally brings your mind back to a state of rest, even when thoughts arise. And yes, thoughts will come and go, and that's perfectly okay. Over time, this practice releases deep-seated stress, calms your nervous system, and helps you live more fully in the present moment.

The Benefits: More Than Just Stress Relief

You might be wondering, "Why should I meditate? What's in it for me?" The benefits of meditation, especially Vedic meditation, are far-reaching and scientifically backed. Here's what you can expect:

- **Better Sleep:** Imagine falling asleep easily, staying asleep throughout the night, and waking up refreshed. Meditation helps calm the mind and body, making it easier to drift into a deep, restorative sleep.
- **Living in the Present:** How often do you find yourself replaying the past or worrying about the future? Meditation brings you back to the present moment, allowing you to enjoy life as it happens, rather than missing out because your mind is elsewhere.

- **Improved Mood and Emotional Stability:** Whether you're dealing with the daily ups and downs or more significant emotional challenges, meditation can help stabilize your mood, making it easier to navigate life's rollercoaster with grace and resilience.
- **Better Relationships and Connection:** When you're calmer and more present, you're able to connect with others more authentically. This leads to better communication, deeper relationships, and more meaningful interactions with those you care about.
- **Enhanced Creativity and Productivity:** Believe it or not, taking a few minutes to meditate each day can actually give you more time back. Meditation enhances your focus, creativity, and problem-solving abilities, making you more efficient and effective in everything you do.
- **Living More Authentically:** By quieting the noise of the mind, meditation helps you tune into who you really are, what you really want, and what truly matters to you. This leads to a more authentic, fulfilled life—one where you're not just going through the motions, but truly living. We start responding to life instead of reacting to life.
- **Less Anxiety and Worry:** We all experience anxiety and worry, but what if you could reduce these feelings significantly? Meditation helps regulate the stress response, making it easier to let go of the "what ifs" and focus on what's happening now.

Overcoming Common Misconceptions

Still not convinced? Let's address some of the common misconceptions that might be holding you back:

- **“I can’t stop my thoughts.”** You don’t have to! Thoughts are a natural part of meditation, especially with Vedic meditation. The goal isn’t to stop your thoughts, but to find peace alongside them.
- **“I don’t have enough time.”** If you have 10-20 minutes, you have enough time to meditate. And the benefits you gain—better sleep, more focus, less stress—will actually save you time in the long run.
- **“I won’t be consistent with it.”** Consistency can be challenging, especially when you’re starting something new. That’s why, with this meditation training, you’re not on your own. You have a real person—a dedicated coach and mentor—who is there to guide you every step of the way. Unlike apps or recordings, this is a personalized experience. You’ll also have access to FREE weekly check-in sessions where you can discuss your progress, ask questions, and receive ongoing support. I’m not just your teacher, but I am also your coach and cheerleader, helping you stay on track and making sure you get the most out of your practice. This human connection is a key difference that sets this training apart, ensuring you have the encouragement and guidance needed to make meditation a lasting and impactful part of your life.

Start Your Meditation Journey Today!

So, what are you waiting for? The benefits of meditation are too great to ignore, and the practice is simpler than you might think. Whether you're new to wellness or someone who's tried meditation before and didn't stick with it, Vedic meditation is a powerful tool that can transform your life.

Take the first step today by booking a free introductory overview session at ImperfectionWellness.com/vedic-meditation.

Learn how to meditate in a way that works for you—no stress, no pressure, just real, tangible benefits that will pay you back tenfold.

Don't wait for the "right" time. Start now, and watch as your life begins to change in ways you never thought possible. Remember, a calmer, happier, more fulfilled you is just one meditation away.

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*Life is 10% what happens to you and
90% how you react to it.*

- CHARLES R. SWINDOLL



03

Getting to the Why

From "Fight or Flight" to "Rest and Digest": How Mindfulness Heals Your Body

We've all heard of the "fight or flight" response, but what exactly is it, and how does it affect our bodies? Understanding this can be a game-changer for your wellness journey.

The "Fight or Flight" Response: What It Is and Why It Matters

The "fight or flight" response is your body's natural reaction to perceived threats. When you encounter a stressful situation—whether it's a looming deadline, an argument, or even heavy traffic—your brain triggers this response. It's like your internal alarm system going off, preparing you to either fight the danger or flee from it.

When this happens, your body releases stress hormones like cortisol and adrenaline. These hormones flood your system, causing your heart rate to increase, your muscles to tense, and your breathing to become shallow. Your body is essentially gearing up for action. This response was incredibly useful back in the day when humans faced physical threats like wild animals. However, in our modern world, where stressors are more often psychological, this response can actually do more harm than good.

The Toll on Your Body: Cortisol and Adrenaline

While the "fight or flight" response is designed to protect you, constantly being in this state wreaks havoc on your body. Here's how:

- **Cortisol Overload:** Cortisol, the primary stress hormone, helps your body manage stress by regulating blood sugar levels, metabolism, and inflammation. However, when you're stressed all the time, your body produces too much cortisol. Chronic high cortisol levels can lead to weight gain, sleep problems, anxiety, depression, digestive issues, and even heart disease.
- **Adrenaline Rush:** Adrenaline increases your heart rate and boosts energy supplies. While this is great in short bursts, over time, high levels of adrenaline can cause high blood pressure, heart palpitations, and a weakened immune system.

Simply put, when your body is stuck in "fight or flight" mode, it's like having your foot on the gas pedal all the time. Eventually, your system starts to break down.

Engaging the "Rest and Digest" Response: The Power of Mindfulness

So, how do you shift out of this damaging state? This is where mindfulness comes in. Mindfulness practices—like deep breathing, Vedic meditation, and body awareness—help activate your parasympathetic nervous system, also known as the "rest and digest" response. Think of this as the brake pedal that helps you slow down, recover, and restore balance.

When you engage the parasympathetic nervous system, your body does the opposite of what it does in "fight or flight":

- **Heart Rate Slows:** Your heart rate decreases, reducing the risk of heart disease and improving cardiovascular health.
- **Breathing Deepens:** Deep, slow breaths signal to your brain that you're safe, which in turn calms your mind and reduces anxiety.
- **Muscles Relax:** Tension in your muscles eases, which can relieve chronic pain and reduce the risk of injury.
- **Digestive System Reboots:** Blood flow returns to your digestive organs, improving digestion and absorption of nutrients. This is crucial for overall health and energy levels.
- **Stress Hormones Decrease:** Cortisol and adrenaline levels drop, helping to prevent the negative health effects associated with chronic stress.
- **Better Sleep:** When your body is relaxed, you're more likely to experience deep, restful sleep, which is essential for physical and mental recovery.
- **Lower Blood Pressure:** The relaxation response helps lower blood pressure, reducing the risk of stroke and heart attack.
- **Enhanced Immune Function:** Your body's ability to fight off illness improves when it's not constantly in a stressed state

How Mindfulness Makes a Difference

Practicing mindfulness regularly can significantly shift your body from "fight or flight" to "rest and digest." It's like training your brain and body to handle stress differently. Here's how you can incorporate mindfulness into your daily routine:

- **Learn Meditation:** Regular meditation, even for just 10 minutes a day, can help train your brain to stay calm and focused, even in stressful situations. Learn a simple free technique at ImperfectionWellness.com.
- **Incorporate Body Scans:** A body scan meditation involves focusing on each part of your body, from your toes to your head, and releasing any tension you find. This helps you become more aware of how stress manifests physically and how to release it. Visit ImperfectionWellness.com/guided-meditations to access a collection of free meditations designed to help you find peace, balance, and clarity along the way.
- **Start with Deep Breathing:** Even a few minutes of slow, deep breathing can begin to engage the parasympathetic nervous system. Try inhaling slowly through your nose, holding for a moment, and then exhaling fully through your mouth. See the "Mindful Breathing" Guide in Ch. 6.

The shift from "fight or flight" to "rest and digest" isn't just about feeling more relaxed—it's about transforming your overall health. By regularly engaging the parasympathetic nervous system, you can undo the damage caused by chronic stress, improve your well-being, and live a healthier, more balanced life.

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*Life is really simple, but we insist on
making it complicated.*

- CONFUCIUS

04 Making the Change

Embracing Support from Others

We all have those moments when we need a little extra help or encouragement. It's important to remember that you don't have to go it alone—reaching out to others can make a huge difference in your wellness journey. Whether it's taking your dog for a walk, going to the gym, or calling a friend, these small acts can bring balance to your life. And when you need advice, don't hesitate to ask for support from family, friends, or a community group.

Talking to someone who has been through similar experiences—whether it's dealing with a mental health issue, addiction, trauma, or just everyday stress—can make you feel less alone. It's comforting to know that others have faced similar challenges and found a way through. Support groups are fantastic for this—they offer a space where you can share, listen, and learn. You'll find people from all walks of life who understand what you're going through and can offer new perspectives, ideas, and resources you might not have considered.

Support doesn't just come from structured groups, though. You can find it in your community, at work, or through volunteering. The key is to stay connected and open to the support that's available to you.

Valuing Routines and Habits

Routines and habits are the backbone of a balanced life. They provide structure, comfort, and a sense of control, especially when life gets chaotic. Your daily routines are shaped by your basic needs—like food, shelter, safety—and the roles you play in society. Whether it's how you eat, dress, interact with others, or manage your finances, these habits can either support your wellness or detract from it.

It's not always easy to change habits, especially those that are deeply ingrained. But when life throws us a curveball, like a crisis or trauma, our routines might need to shift. This can lead to emotional, social, or physical imbalances. The good news is, you can establish new, healthier habits that align with your wellness goals. It might take time and effort, but it's absolutely worth it. By developing better routines, you can experience more positive emotions, stronger relationships, increased energy, and a sense of purpose.

Maybe you already have some practices that make you feel good, like mindfulness exercises, meditation, yoga, or regular calls with friends. These are great habits to nurture. But don't be afraid to try new ones, too. You're the expert on yourself, so trust your instincts. If you're unsure, talk it over with someone you trust, and brainstorm what might work best for you.

Here are a few ideas to consider:

- Engage in a hobby you love to recharge your mental and emotional batteries.
- Participate in social activities that help you relax and connect with others.
- Make time for regular physical activity, which benefits both your body and mind.

Remember, routines and habits are about consistency. Start small, be patient with yourself, and celebrate each step forward.

Volunteering: The Joy of Giving Back

Volunteering is a fantastic way to boost your wellness while making a difference in the lives of others. It allows you to connect with people who share your interests and values, and it gives you a sense of purpose and fulfillment. Whether it's helping out at a local shelter, tutoring students, or organizing a community event, giving back is a powerful way to contribute to your own well-being and the well-being of others.

Research shows that volunteering can reduce stress, combat depression, and keep you mentally stimulated. It also provides a sense of accomplishment and increases your self-confidence. When you volunteer, you're not just helping others—you're also enriching your own life.

You don't need a lot of time or special skills to volunteer. There are countless ways to get involved, whether it's an hour a week or a few hours a month. The key is to find something that resonates with you. Maybe you're passionate about the environment, animals, education, or health care. Whatever it is, there's a place for you to make a difference.

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*Consistency is more important than
perfection!*

- UNKNOWN

05

Next Steps

Small Steps, Big Calm: 30 Days to a More Mindful You

As you've discovered throughout this workbook, wellness and mindfulness aren't distant, unattainable goals reserved for moments when everything is perfect. I want to remind you that wellness and mindfulness aren't reserved for moments when life slows down or when things are going smoothly. In fact, they are most powerful when life is at its busiest, when stress is building, and when you feel like you don't have a single moment to spare. This is exactly when these practices can be the difference between feeling overwhelmed and feeling grounded.

Think of wellness like learning to swim. You don't wait until you're drowning to figure it out, right? No, you practice in the shallow end, where it's safe, so that when you do find yourself in deeper waters, you know exactly what to do. Wellness is just like that. We practice now, while the waters are calm, so that when life's storms come—and they always will—you're prepared. You've built your foundation.

Here's what I'm inviting you to do. Start with one simple practice. Not ten. Not five. Just one. Learn how to meditate. Or pick a mindful breathing technique that resonated with you as you went through this workbook. It could be something as simple as the box breathing pattern—inhale for four seconds, hold for four seconds, exhale for four seconds, hold for four seconds, and repeat that two to three times,

Or maybe you found belly breathing to be more your style, where you focus on expanding your abdomen with each inhale. Whatever it is, commit to practicing it for the next 30 days.

Yes, 30 days. This isn't about perfection, and it's not about turning your life upside down. It's about carving out just a few moments each day to connect with yourself. Maybe it's in the morning before you check your phone, or perhaps it's during a midday break when you step away from your desk. It could even be at night as a way to unwind before bed. Whenever it fits, just make it a small part of your day.

And here's the key—consistency. Wellness isn't a quick fix or something you turn to only in times of crisis. Just like you don't expect to be able to run a marathon after one run around the block, you won't build resilience after one or two sessions of meditating. It's the daily practice, the small, regular actions, that create real, lasting change.

Maybe you're thinking, "I'm too busy. I don't have time for this." And I get it—life is demanding, and it can feel impossible to add even one more thing to your day. But here's the thing: wellness isn't about adding more to your to-do list; it's about enhancing your ability to navigate everything that's already there. These practices aren't meant to take you out of your life—they're meant to support you in living it with more ease, more clarity, and more calm.

Think about how just a few minutes of mindful breathing can shift you out of the fight-or-flight mode that so many of us are stuck in, and into the parasympathetic rest-and-digest state where healing happens. Those moments of calm, of grounding, of simply connecting to your breath, are moments of wellness. And the more you practice, the more natural it becomes.

But let's keep it simple. For the next 30 days, commit to practicing one or two mindfulness technique discussed here. That's it. Just one or two things that you like, that resonate with you. Do them when things are going well, so when challenges come, your body already knows what to do. And trust me—they will come. Life is unpredictable, and stress is inevitable. But by practicing now, you're laying the groundwork for how you'll handle it when it does.

And remember, wellness isn't about perfection. It's about showing up for yourself, even in small ways. Whether it's 5 minutes of guided meditation or some mindful breathing, a short walk outside, or simply pausing to take a deep breath during a hectic day—these small actions add up. Each one is a step toward greater resilience, a stronger foundation, and a calmer mind.

So, take the plunge. Start today. Your future self will thank you for it.

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A year from now you will be looking back wishing you would have started your wellness journey today, so start it now. Take a simple step in the right direction, because you are worth it!

- SCOTT W POSSLEY



06

30 Day Wellness Plan

The key to this 30 day wellness plan starts with **awareness**. We become aware that we are separate from our thoughts, feelings, emotions, and pre-conceived ideas about ourselves and the world around us.

We have these thoughts, feelings, emotions and ideas, but we are separate from them. We are separate from that anger, social anxiety/anxiety, fears, worries, jealousy, etc. These feelings and emotions come and go, but when we are centered in mindfulness, our emotional health and wellness are a solid foundation that we are able to stand on and thrive on in our daily lives. We are able to engage more fully and authentically with the world around us.

By completing this 30 Day Wellness Plan, we become aware that we can calm ourselves at anytime, and **we do this by starting today!**

Begin by picking one or two things from the following page as well as one or two activities that you want to reinforce (e.g. drink more water) and add it to the Habit Tracker on the following page. Start small, but start today! You will stumble and fall and miss a day or two and that's ok.

You've got this, you're worth it, and YOU CAN DO IT!

“Start Here” Mindfulness Activities

Pick one or two activities from the list on this page and the next page. Write them on the included habit tracker, and practice them for 30 days. Feel free to change it up, but keep it simple and consistent and make it a habit!

5-minute Daily Meditation: Don't know how? Learn for free at ImperfectionWellness.com.

3-minute Mindful Breathing: Most people do not pay attention to their breathing. This simple yet powerful technique is a game-changer. Focusing on our breath naturally calms and recenters us. We do it daily so it's a hard-wired practice so we know how to do it when we are stressed. Use the “Mindful Breathing” guide on the following page to find which technique you like best and start practicing daily.

Guided Meditations: Whether you're looking for a quick 5-minute body scan or breathwork session, a 10-minute ‘Aliveness is Within’ guided meditation, or a calming universal mantra meditation, guided meditations are powerful tools to support your wellness journey.

Visit ImperfectionWellness.com/guided-meditations to access a collection of free meditations designed to help you find peace, balance, and clarity along the way.

Daily Affirmation: Use the “Crafting Your Personal Affirmations” guide on the following page and repeat it every morning and evening.

“Start Here” Mindfulness Activities

Gratitude Practice: Use the “Gratitude Calendar” and “Daily Gratitude Journal” on the following pages. Not sure what to be grateful for? Focus on your senses. “I am grateful I can read my favorite book and taste my favorite meal.” You can be grateful for the same things every day! Gratitude is a mindset shifter and releases happy hormones in your body. It doesn’t mean you won’t have a bad day, it just helps soften the blow sometimes.

Mindful Actions: Practice one or all of the mindful actions below. An easy way to bring mindfulness into an activity is to do it at half-speed. This automatically brings awareness into the activity.

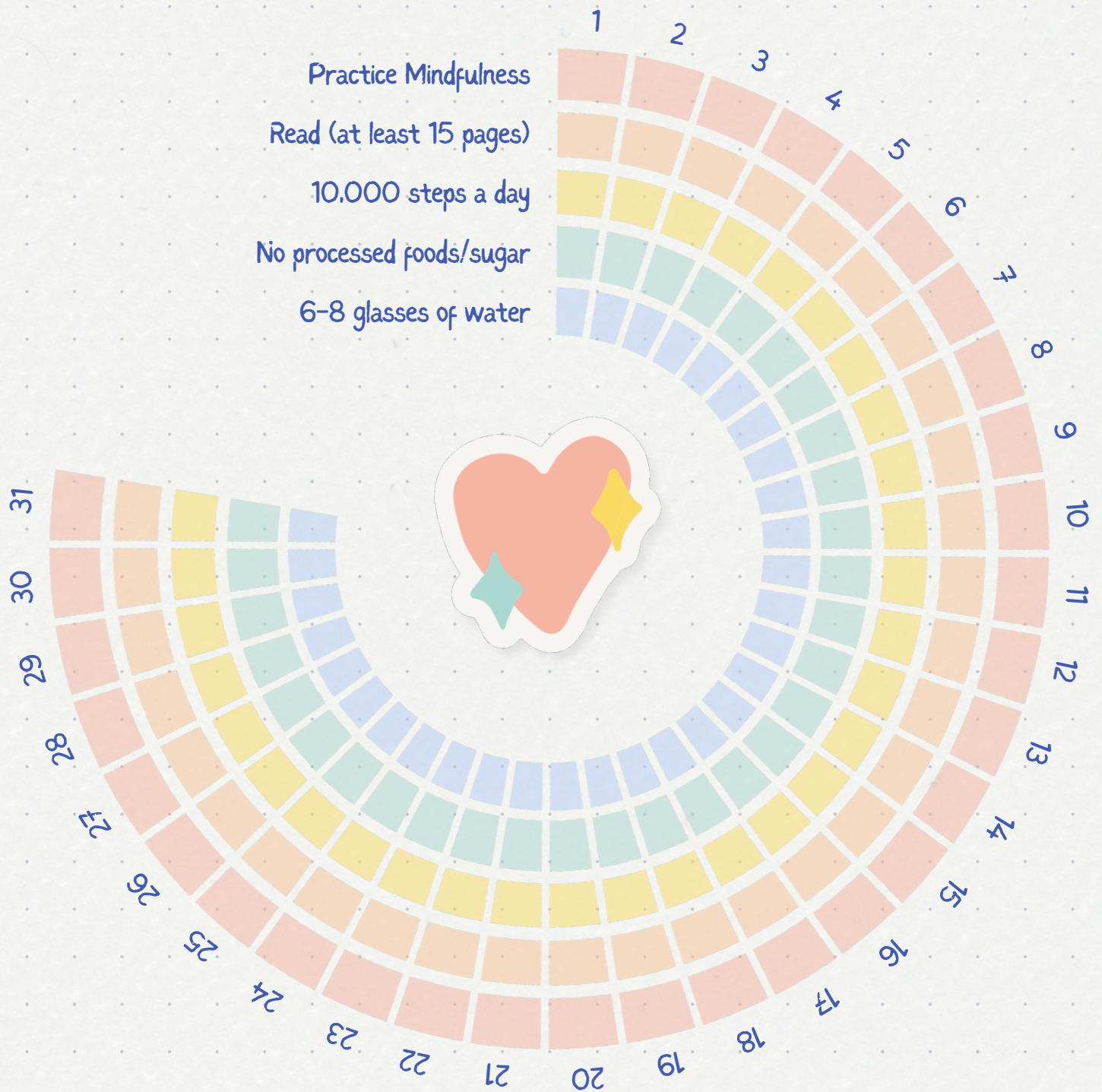
- **Mindful Handwashing:** Focus on the sensation of water running over your hands, the texture of the soap, and the movement of your fingers. Pay attention to the temperature of the water, the sound it makes as it flows, and the feeling of cleanliness as you rinse your hands.
- **Mindful Walking:** Pay attention to each step, the movement of your legs, and the contact of your feet with the ground.
- **Mindful Eating:** Savor each bite, noticing the taste, texture, and aroma of your food.

Affirmations: Use the affirmation guide and reminders on the following pages and write a new affirmation each week!

Write Your Own: What do you like to do/want to do as part of a daily wellness routine? Write it on the habit tracker and practice it daily.

HABIT TRACKER (SAMPLE)

"Our habits shape who we are."



HABIT TRACKER

"Our habits shape who we are."

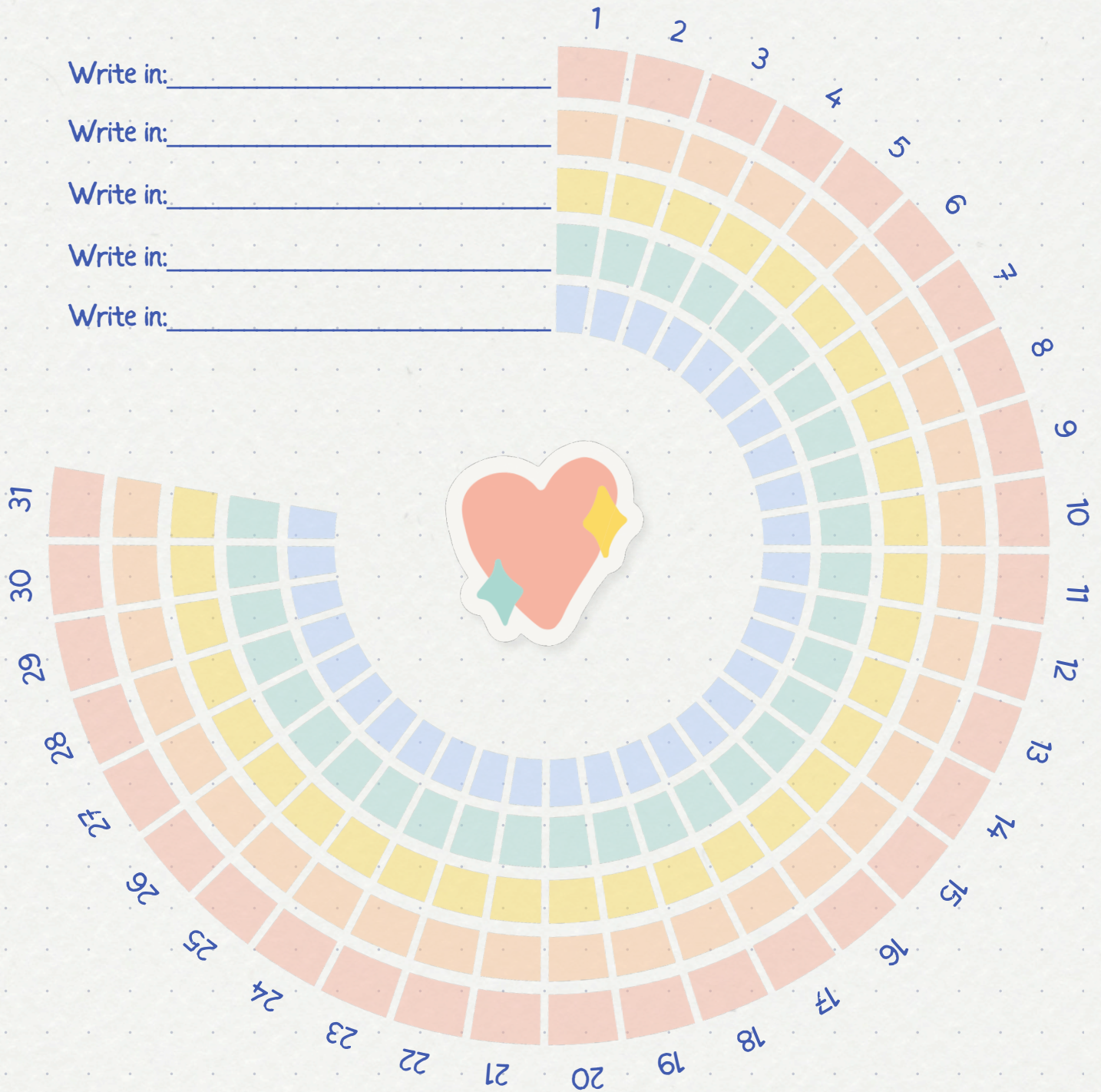
Write in: _____

Write in: _____

Write in: _____

Write in: _____

Write in: _____



Mindfulness Breathing Techniques

1

Box Breathing (aka Square Breathing)

- This eyes open technique can be practiced anywhere, at any time
- While paying attention to your breath, inhale for a count of 4 seconds
- Then, hold your breath for a count of 4 seconds
- Next, exhale for a count of 4 seconds
- Then, hold for a count of 4 seconds
- Repeat this for 1-3 minutes several times a day

2

Mindful or Conscious Breathing

- This eyes open technique can be practiced while walking, cooking, cleaning, or doing other tasks. Associate it with a task to reinforce practicing it!
- While paying attention to the task at hand (such as brushing your teeth), gently bring your attention to your breath while you also complete the task
- Pay subtle attention to your breath as you inhale and exhale
- As you continue your task, continue to place your attention on your breath
- When you forget, simply come back to the technique as you complete the task
- Practice this throughout the day, associated with any task(s) you like

3

Eyes Closed Mindful Breathing

- Find a quiet place, sit comfortably, and close your eyes
- Take a slow deep breath, inhaling deeply through your nose, then exhale slowly through your mouth
- Now breathe naturally, allowing your breath to return to a natural rhythm
- Pay attention to each inhale and exhale, and when your mind naturally wanders, gently bring it back to your breath
- Do this for 3-5 minutes before and after work, and right before bed

4

Tips

- There is no right or wrong way to do mindful breathing. The fact you are doing it makes it right!
- You will have thoughts. This is normal. Once you realize you are having thoughts, simply come back to the breath.
- The goal is to start small. Try each one out and see which one you like best. Try one for a few minutes several times a day.
- Come back to Mindful Breathing daily. Within 30 days you will see a change in yourself!

28-DAY GRATITUDE CALENDAR

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1	Write down three things you are grateful for today.	Call or text someone you appreciate and let them know why you are grateful for them.	Write about a person who has positively impacted your life and why you are thankful for them.	Make a list of two or three things that bring you joy and gratitude.
2	Take a moment to appreciate something in nature, whether it be a beautiful view or the feeling of the sun on your skin.	Write about a place you are grateful for, whether it be your home, a favorite vacation spot, or a cozy coffee shop.	Think about a talent or skill you have that you are grateful for and write about how it has positively impacted your life.	Write a thank you note to someone who has made a difference in your life.
3	Write about a moment or experience that made you feel grateful or blessed.	Take a moment to appreciate your body and write about three things you are thankful for in regards to your health.	Write about a material possession you are grateful for and why it brings you joy.	Take a moment to appreciate your job or career and write about how it has positively impacted your life.
4	Write about a friend or family member who has been there for you through thick and thin, and how they have positively impacted your life.	Make a list of two or three things you are looking forward to in the future and why you are grateful for them.	Take a moment to appreciate your community and write about something you are thankful for in regards to where you live.	Write about a book or movie that has inspired you and how you are grateful for its impact on your life.
5	Write about a time when someone showed you kindness and how it impacted your life.	Write about a personal belief or practice that brings you gratitude and peace.	Take a moment to appreciate the technology you use on a daily basis and write about how it has positively impacted your life.	Write about a food or meal you are grateful for and why it brings you joy.
6	Write about a challenge or obstacle that you are grateful for because it taught you something important.	Make a list of two or three things you are grateful for right now.	Write about a pet or animal you are grateful for and how they bring joy to your life.	Take a moment to appreciate your senses (sight, smell, taste, touch, and hearing) and write about three things you are grateful for in regards to each sense.
7	Write about a teacher or mentor who has positively impacted your life and how you are grateful for their influence.	Take a moment to appreciate your sense of humor and write about three things that make you laugh or smile.	Write about a historical figure or event that you are grateful for and how it has positively impacted your life.	Make a list of three things you are grateful for in regards to your personal growth or development.

DAILY GRATITUDE JOURNAL

DAY	
1	
2	
3	
4	
5	
6	
7	

Crafting Your

PERSONAL AFFIRMATIONS:



Stay Positive: Frame affirmations in a positive manner, focusing on what you want, not what you want to avoid.



Present Tense: Phrase them as if they're happening now — "I am" instead of "I will be."



Believable: They should resonate with you, even if they stretch your current beliefs.

Exercise:

Write down an affirmation tailored to your personal aspirations or challenges. Repeat it every morning and night. Write in on one of the post-it notes on the following page and place in on your bathroom mirror.

“

I am worth
it! I am
doing this
for
me!



REMINDERS



Mindful breaths



6-8 glasses of water



5 min guided
meditation



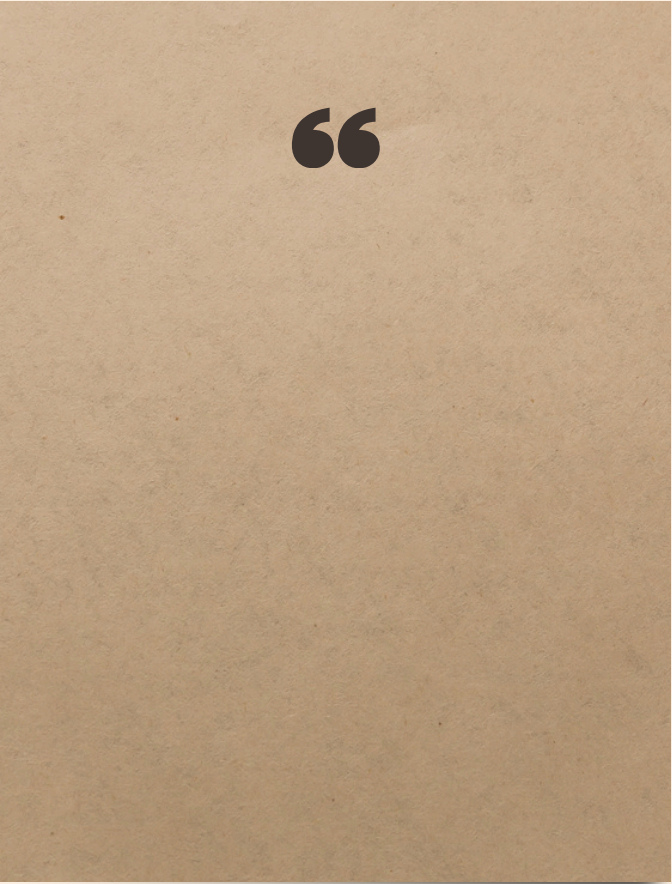
Daily walk 15-20 min



I will practice
mindfulness by
doing something
at half-speed
and bring
awareness to it!

★ REMINDER

*I will focus
on my breath,
the inhale and
exhale every
time I see this
note!*



“

*Everything in moderation,
including moderation!*

- OSCAR WILDE



2024 Scott W. Possley
Imperfection Wellness

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