

# CREATE YOUR WELLNESS ADVENTURE

**What kind of adventure do I most want to give myself? (soulful, exciting, creative, rejuvenating, peaceful, lively, etc)**

How do I want to FEEL when I'm there?

Where am I going?

For how long?

What will I do there?

Will this be a solo adventure or with others?

**What steps do I need to take to plan for this wellness adventure + make it happen?**

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

*Schedule it in! Add it to the calendar! This is your time now ~ plan to make it happen!*