

***WELLNESS STAR* AFFIRMATIONS**

This is an opportunity to focus on what you are doing well. **Please place a shiny star on the affirmations that reflect or are close to your wellness practices.** Give yourself a hug for being a ***Wellness Star***

I feel refreshed after sleeping 7-8 hours a night.	I release stress and tension by stretching for five minutes.	I drink 6-8 glasses of water a day, which keeps my body in balance.	I relax because I can laugh at myself.
I eat at least 2-3 leafy, deep green, or orange vegetables every day, which boosts my immune system.	I reach for "real, whole" foods when I need energy.	I am connected to at least one good friend.	I do not smoke.
I have positive spiritual beliefs that allow me to overcome negative thoughts.	I pray or meditate 3-4 times a week for at least 5 minutes to relax my mind.	I believe that building in self-care once a week increases my joy and my wellness.	I schedule time for myself every day, which keeps me aware of how I'm feeling.
I practice a fun exercise 3-4 times a week that builds strength.	I never drink and drive.	I treat myself like a precious object by honoring my thoughts and emotions.	I have had a mammogram or a health physical this year, which keeps me at ease.
I do work I love or have hobbies that bring me joy.	I gain satisfaction by volunteering.	I nurture positive relationships that are satisfying.	I believe I can achieve my wellness goals one day at a time.

<p><i>Write three of your own wellness practices that you'd like to increase or launch after the Cruise</i></p>	<p>1.</p>	<p>2.</p>	<p>3.</p>
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Take a look at your three *wellness practices or affirmations* you'd like to increase or begin after you leave the Cruise. **Pick one. Yes, just one.** Focusing on one thing for thirty days increases the chance that it will become a habit – integrated into your lifestyle.

Rewrite on a separate page one wellness practice you want to increase or to begin. Placed that page in the stamped envelope. Address the envelope and return it to me. You can either complete this in the workshop or return it to me after Communion.

Practice your *wellness practice or affirmation* daily, weekly, or twice a month (depending on what works for you). At the end of the thirty days reward yourself with another star – even if it's a star for effort!

Also, I would love to hear of your journey to renewed joy and wellness. You may email me at: hrdavis911@gmail.com once your wellness practice is returned to you after 30 days. Let me know how your practice worked for you.

May you be blessed with abundant joy and well-being.