

**Cultivating Deeper States of**

# *Wellbeing*



**For Greater Happiness, Meaning & Fulfillment**

Wellbeing is the process of being in alignment physically, mentally, emotionally and spiritually with all that brings you happiness, meaning and fulfillment.

Attaining this is the quest of a lifetime. For many we find contentment and joy in some areas and not in others which can leave us feeling out of balance, disconnected or dissatisfied with our life thinking something must be wrong.

This my friend is not true. The beauty of wellbeing is that it comprises every aspect of YOU and your life, meaning unless you are a professional juggler, the chance of everything being 100% aligned every second of every day, well that is slim. The reality is you have a full life AND this full life is filled with so much richness. This guide will help to reconnect you with all the wonder, meaning, happiness and joy your life brings and has to share with you.

As you embark on this journey, it's important to realize, nothing is wrong, in fact, everything is right. YOU have everything within yourself to cultivate this state of enhanced wellbeing and enjoy the process along the way knowing that there is meaning and joy in each moment, even the challenging ones.

As you seek greater levels and depths of wellbeing you will come to realize your limitless potential. You will find gratitude and meaning in unexpected places, joy and laughter, fulfillment and perfection in the imperfection. Life is yours for the enjoying. This short guide will give you the simple steps to help you more fully align with your sources of wellbeing.



*All Information contained within this document is confidential to the clinical detoxification process prescribed on an individual basis to the patients in our practice. Redistributing this content is unlawful and is not allowed.*

---

# The Path to Experiencing Greater Wellbeing

---

## Step 1. Awareness

Become aware of what is and what isn't, where you are and what you need. As you begin to tune in and simply notice all that is showing up in your life, you will recognize all of it is an invitation for you to decide simply YES or NO. Is your life giving you more of what you DO want and need or more of what you DON'T want and need?

## Step 2: Choose Wellbeing

Believe it or not, you really do hold the key with your power of choice. To choose or not to choose is all a choice. To cultivate more of what you do want and need and less of what you don't want and need is up to you. Become aware of your daily thoughts, habits, actions and beliefs that cause you to say yes or no to what you want and need.

Remember, you can not control other people, places or events but you can control how you choose to respond. Begin with small simple steps. When you feel the natural urge to say yes, don't hesitate or doubt, follow your instincts and say yes. Likewise, when you know that you really don't want to go to the dinner party, work a long weekend or a list of 20 other things that you know really don't cultivate and support your true happiness, health and wellbeing- exercise your manners muscle by saying thank you but NO thank you.

## Step 3. Take Action

Actions as they say, speak louder than words. Cultivating your wellbeing is a process of small simple actions and steps day by day built one on top of the other. Over time, you will notice a greater sense of true happiness, deep fulfillment and joy.

# Where Should You Begin?

Here are the key areas that promote wellbeing. Review them to determine your areas where you feel strong and good as well as notice the areas that you want to improve. This exercise will give you personalized insight to create your roadmap to greater health, happiness and wellbeing. Rate each on a scale of 1-10, 10 being the most or highest level.

1. Happiness = Feeling happy and cheerful 1-10 \_\_\_\_
2. Vitality = Feeling energetic/full of energy 1-10 \_\_\_\_
3. Calmness = Feeling calm/relaxed 1-10 \_\_\_\_
4. Optimism = Being optimistic and hopeful 1-10 \_\_\_\_
5. Involvement = Feeling completely engaged in what you do 1-10 \_\_\_\_
6. Awareness = Being in touch with how you feel 1-10 \_\_\_\_
7. Acceptance = Accepting yourself the way you are 1-10 \_\_\_\_
8. Self-worth = Liking yourself 1-10 \_\_\_\_
9. Competence = Feeling highly effective at what you do 1-10 \_\_\_\_
10. Development = Feeling you are improving 1-10 \_\_\_\_
11. Purpose = Having a purpose and a mission in life 1-10 \_\_\_\_
12. Significance = Feeling that what you do is worthwhile 1-10 \_\_\_\_
13. Connection = Feeling close and connected 1-10 \_\_\_\_

Any score lower than an 8, become aware of how important it is to you to improve. Pick one at a time to practice cultivating deeper wellbeing. Here are a few suggestions to help you.

## **Listen to your body and mind.**

Trust what you feel and acknowledge those feelings, even if they aren't great. When you ignore and avoid, your body and mind will push back and talk louder through symptoms and new challenges will show up. Start by saying yes to what honors you and thank you but no thank you to all that you no longer need in your life. Trust that it is ok to begin to release and let go.

## **Take small steps.**

Your health, happiness and wellbeing is not a quick fix, it is the journey of a lifetime to be cultivated and treasured so think slow and steady win the race. Each day in small ways, say YES to YOU!

## **You are programmed for wellbeing.**

You have a natural drive to connect, to grow, to enjoy and to express your potential through meaning and purpose. It's time to say yes and honor the call from within.

## Celebrate your wins.

Take time everyday to notice what IS going well as well as take inventory of your strengths and natural resource states. To do this try the following exercises:

- Think back over a time that you did something really well. Write it out, read it to yourself and notice the key components, your strengths, your abilities that allowed that to occur. Read this every day for 7 days and remind yourself of just how capable you are.
- What Went Well? Each day at the end of the day take a few minutes to write down 1-3 things that went well and WHY. Notice how your awareness, choice and actions are coming to life to support more of what you DO want in your life.
- What Would Someone Say? Ask 3-5 of your closest friends, family or co-workers to honestly describe you. Ask their opinion of what they think you do well, what your strengths are and you will be amazed at the incredible feedback you receive.
- Find the Good. Each day life happens, unexpected events occur that can trigger you. In the most challenging moments, take a breath, pause and ask yourself- if there was something good, meaningful or useful in this situation, what would it be? When you ask and consider that this can be happening FOR you vs TO you, new awareness comes that empowers you in unexpected ways.

*It's your time my friend to step into your greatness!*

Savor this, your journey and notice the many ways that you experience more health, happiness and deeper states of well being each and everyday.



*All Information contained within this document is confidential to the clinical detoxification process prescribed on an individual basis to the patients in our practice. Redistributing this content is unlawful and is not allowed.*