



JOM

This book belongs to:

Date started:

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WE
INSPIRE
WELLNESS

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www.journeyofme.com
www.wellineux.com

be someone
that makes
you *happy*

Being conscious about health and striving to achieve optimal wellness has enhanced my life immensely. I truly believe there's nothing more important, as deeply satisfying or rewarding than living a positive and productive life.

That's why JOM is such a great tool because it provides focus on your wellness journey, as well as giving you the motivation and inspiration to put your health first each day.

Pete Evans

chef, paleo ambassador, health coach, restaurateur,
media personality, author and more...



The journey towards wellness need not be an overwhelming one, certainly not with JOM; JOM is a true gift for those seeking to better their lives. Be guided by your own personal thoughts, commitments and observations - in a beautifully presented book that will not only inspire you but will also cultivate wellness in it's simple act of bringing awareness to your daily life.

Amy Crawford

CTC Practitioner, Health Coach, Reiki Master, recipe book author & writer of the wellness hub The Holistic Ingredient.

WELLINEUX's Journey of Me is a powerful catalyst for creating positive life changes in simple, sustainable ways. It teaches us how to tune into the body's wisdom and find the tools needed to live a life of wellness. It also helps us tune out the noise and complexities that often cloud our everyday lives. Filled with beautiful imagery and inspirational quotes, the Journey of Me encourages anyone, regardless of their current state of health, to live their best life.

Megan Dalla-Camina

Strategist, coach, author and speaker on women, leadership and wellbeing

Your Journey of Me

You are here }

month 1
discovery

month 2
nutrition

month 3
movement

month 4
rest

month 5
mind

month 6
connection

month 7
resources

month 8
growth

Welcome and congratulations


YOUR "JOURNEY OF ME" (JOM), HAS BEGUN.

Life is precious. You deserve to make the most of it.
You deserve to feel energised about who you are
and what lies ahead.

This journey aims to inspire, guide and support
you to be the best version of yourself. To create
a daily lifestyle focused on health and contentment.
To travel towards wellness. For life.

JOM is a beautifully presented, personal reminder that allows us to continuously shine our light for all to see! This is life changing, empowering and inspiring! It is self-prescriptive and educational. I believe we all know intrinsically what we need to do to live a happy, healthy and contented life but often forget our core values, our true purpose and the actions required to make it happen.

Kim Morrison
Director, Author, Speaker and Health & Lifestyle Educator



To not only inspire wellness, but conscious wellness allows us to get deliberate in taking health to a whole new dimension. This is JOM. It's all about you - because you're totally worth investing in each and every day.

Dr Natalie Kringoudis
Doctor in Chinese medicine, acupuncturist, author, speaker and all-round natural fertility expert

WHAT IS WELLNESS?

(WHAT WE BELIEVE)

1

A way of living, intentionally created, in order to achieve fulfilment, happiness and ultimately the best version of life.

2

A fluid state, attained by focus every single day.

3

A right that belongs to each and every one of us, no matter what our current state of health is.

4

Multidimensional, with each dimension connecting to the others.

5

A rewarding, energising and life-changing journey.

ABOUT THE JOURNEY OF ME

This is YOUR journey. There are no rules.

Make this journey your personal source of inspiration and reflection as you document your wellness journey everyday over the next 8 months.

Draw. Doodle. Make notes. Add colour, insert images. Incorporate your unique touch, and – most importantly – have fun.

Before you begin, reflect on the following questions to get you started.

1. What excites you about starting your Journey Of Me?

2. Where and when will you complete your Journey Of Me each day?

HERE'S HOW IT WORKS

.....

1

Start your journey in the first month by getting to know the real you. Create your very own vision for what your best life looks like.

2

Monthly, over the next 7 months, new dimensions of wellness will support you towards “achieving” your wellness goals.

3

Weekly, be inspired by beautiful pictures and quotes.

4

Daily, thought-provoking topics will provide reflection and trigger ideas.

There's plenty of space for you to detail your thoughts, reflect on your progress and observe how your thinking and behaviours change during your 8 month journey.

Although we have set a suggested course for your journey, this is just a guide. If it doesn't feel right to do one of the tasks on a particular day, come back to it when the time feels right.

Enjoy your wellness journey. This is the beginning of a lifelong quest towards being the best possible YOU. Every day. For the rest of your life.

Let's get clear on what your life of wellness looks like.



Month 1

Discovery

*It's not
hard to make
decisions when
you know
what your
values are.*

ROY DISNEY

THE DIMENSIONS OF WELLNESS

.....

We believe wellness is the sum of your intentional activity in 7 integrated areas:





TASK BOX

How satisfied are you with the seven dimensions of wellness on a scale of 1-5?



| | | | | |
|---|--|--|--|---|
| VERY UNSATISFIED: THIS IS NOT THE BEST VERSION OF ME | NOT REALLY SATISFIED: THIS FEELS A LONG WAY FROM THE BEST VERSION OF ME | FAIRLY SATISFIED: SOME ASPECTS OF MY LIFE CREATE THE BEST VERSION OF ME | VERY SATISFIED: MOST ASPECTS OF MY LIFE CREATE THE BEST VERSION OF ME | COMPLETELY SATISFIED: I DON'T WANT TO MAKE ANY CHANGES AS THIS IS THE BEST VERSION OF ME |
|---|--|--|--|---|

| ON A SCALE OF 1-5 | 1 | 2 | 3 | 4 | 5 |
|-------------------|---|---|---|---|---|
| NUTRITION | | | | | |
| MOVEMENT | | | | | |
| REST | | | | | |
| MIND | | | | | |
| CONNECTION | | | | | |
| FINANCE | | | | | |
| GROWTH | | | | | |

We will check in on this each month to see what changes happen throughout the journey.

DISCOVERING THE REAL YOU

Now that you know where you sit on your path to wellness, it's time to get clear on what you want the vision of your best life to look like.

& YOUR VALUES

Defining your values is a key step towards becoming clear on what you want your life to look like.

Values are what matter most to you. If you live your life according to your core values, you'll feel more fulfilled and experience a greater sense of wellbeing.



TASK BOX

Identify your top 5 values, and feel free to add your own.

Need inspiration? Think about when you've been at your happiest. What was important for you at the time?

- Accountability
- Achievement
- Altruism
- Ambition
- Assertiveness
- Balance
- Belonging
- Calmness
- Challenge
- Cheerfulness
- Commitment
- Community
- Compassion
- Contentment
- Contribution
- Control
- Courage
- Courtesy
- Creativity
- Curiosity
- Decisiveness
- Determination
- Discipline
- Diversity
- Empathy
- Enjoyment
- Enthusiasm
- Excellence
- Excitement
- Expertise
- Exploration
- Faith
- Family
- Fitness
- Focus
- Freedom
- Fun
- Generosity
- Gratitude
- Growth
- Happiness
- Hard Work
- Health
- Honesty
- Independence
- Integrity
- Intelligence
- Intuition
- Joy
- Leadership
- Legacy
- Love
- Loyalty
- Openness
- Originality
- Perfection
- Positivity
- Practicality
- Professionalism
- Punctuality
- Quality
- Reliability
- Resourcefulness
- Self-control
- Selflessness
- Self-reliance
- Sensitivity
- Service
- Simplicity
- Speed
- Spontaneity
- Strength
- Structure
- Success
- Support
- Teamwork
- Thoughtfulness
- Trustworthiness
- Understanding
- Unity
- Usefulness
- Vision
- Vitality
- Wealth

Place your top 5 values in priority order from 1 to 5, with 1 being the most important.

1.
2.
3.
4.
5.

Write a sentence to describe what each of your top 5 values mean to you.

| | |
|---------------------------|--|
| HERE'S AN EXAMPLE: | <i>Meaning: Using the skills and talents I have been blessed with to help others be the best versions of themselves.</i> |
|---------------------------|--|

1.
2.
3.
4.
5.

Look over your values, and ask yourself the following questions:

1. Are you proud of your values?

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2. Would you be comfortable sharing your values with people you respect?

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If your answer to either of these questions is no, go back and revise your values so that you can confidently answer these questions with a resounding YES.

Read your values. Again, and again. Get to know them. Keep them inside your head. Turn to them when you need to make decisions. Use them to guide you on your wellness journey.

How to keep your values top of mind:

Imagery

Find pictures that represent the meanings of your values and display them around your home.

Post-its

Scatter Post-it notes with your values and their meanings on your fridge, and in cupboards and drawers, so you're constantly reminded of them.

Words

Create a word cloud from your values and their meanings by using a tool such as Wordle (www.wordle.net) and display it in a prominent place.





“

We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light.”

Mary Dunbar

TALENTS

You have a unique set of talents. *Lots of them.*

Life is more positive and fulfilling when you can find ways to use your talents professionally and personally.

Talents can come in lots of different forms, from creative to technical and mental to physical. They are a part of you that feels like second nature.

You find it easy to build skills and expertise in less time and with less effort in those areas where your natural talents lie. Focusing on amplifying your talents can lead to greater success and fulfillment.

It's important to get clear on what your talents are as you document your vision for your life of wellness.



TASK BOX

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Ask yourself about your talents (and don't be shy).

1. What are you great at?

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2. What talents did you use to realise your highest achievements in life?

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3. What skills are you using when you get so absorbed in an activity that you lose track of time?

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4. What skills are you using when you feel energised?

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Use your answers to these questions to make a list of your unique talents.

HERE'S AN EXAMPLE:

- Creativity - Written communication
- Ability to nurture others

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See yourself through the eyes of others

Choose 5 people who know you well from different areas of your life (family members, friends, work colleagues or neighbours).

1.

2.

3.

4.

5.

Ask these 5 people to write or tell you a brief story about a time when they have seen you at your best.

Read these stories. Take the time to enjoy discovering what others think of you when you're at your best. Use these stories to make a new list of your unique talents.

Now, place this list of talents next to the list you originally developed, and create your final top 5 talents list - along with your definition of each talent.

HERE'S AN EXAMPLE:

Calmness: I remain consistent in my behaviour and emotions, despite what's going on around me.

1.

2.

3.

4.

5.

Now that you're clear on your values and talents, think about how you can use both to create your future vision.

To live is to choose. But to choose well,

you must know who you are and what

you stand for, where you want to go

and why you want to get there.

KOFI ANNAN

VISION

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Life without a vision can feel like drifting aimlessly with no purpose or direction. It's hard to get excited or feel a sense of energy or enthusiasm for life if you don't know where you're headed.

Without a vision, you can't determine your ideal way of living.

Having a clear vision for your future is motivating and inspiring. A vision is what drives the decisions and actions that bring fulfilment and joy.

Create a vision for how you see yourself living the best life you could live.





TASK BOX

With your values and talents in hand,
reflect on the following questions.

1. Who and what are most important to you?

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2. Who inspires you?

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3. How would you like to be remembered by others?

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4. How do you love to spend your time?

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5. Who would you be if you were at your best?

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.....

Use your answers to complete the following sentences. Don't be afraid to think big.

When living my best possible life:

1. I will nourish myself by:

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2. I will move myself by:

3. My mind will be nourished by:

4. My social connections will be:

5. My environment will look like:

6. I will manage my finances by:

7. I will rest and sleep by:

8. I will use my talents to:

9. My core values will be fulfilled by:

10. My purpose in life will be:

Combine these sentences into one paragraph. Experiment with the words and the order of the sentences.

Create a vision statement that inspires and excites you.

HERE'S AN EXAMPLE:

“My purpose in life is to make a positive difference in the lives of others which I do through using my talents for coaching and writing.

I have a deep, joyful marriage, centred on love and respect. My husband and I are blessed with an amazing son, who we’re raising to be a healthy and resilient man. As a family, we connect with nature regularly through walks in the country and caring for a vegetable garden. I feel immense gratitude on a daily basis.

I nourish my body with daily movement, food from nature and regular meditation. I focus on creating quality family time and deep friendships and resting before I’m tired. I manage my finances so that I have enough money to live with a sense of comfort and security, without creating unnecessary pressure.

My family, friends and clients say their lives are forever enriched for knowing me.”

MY VISION

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*People with goals succeed because
they know where they are going.
It's as simple as that*

EARL NIGHTINGALE



**Use your vision for inspiration.
Every day.**

Consider finding pictures from magazines that represent elements of your vision and stick them into this journal or around your home.

Or, if you love music, find a song or playlist that you think represents your vision. Whatever way you choose to be reminded of your vision, use it to get excited about the life you are working towards creating every day.

GOALS

.....

Setting goals helps you to measure your progress on your wellness journey. Your goals will keep you motivated towards the vision you have for your life of wellness.

Your goals should be:

MOTIVATIONAL

they excite you when you think about them

TIMED

they have a realistic timeframe

CRYSTAL CLEAR

they should be easy to understand and achieve

During your wellness journey, you'll be setting goals every month. You'll be taking action to achieve your goals, getting closer and closer to living the best version of your life.

ABOUT WELLINEUX

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(WELL IN YOU)

At Wellineux, we strongly believe in the power of wellness. For us, wellness means living your best life. The kind of life that makes you want to leap out of bed in the morning and embrace each and every day with open arms.

We deliver inspirational coaching and training that provides you with simple, practical steps to achieve wellness. We offer tools and ongoing support to guide you on your personal wellness journey, helping you achieve your best possible life. For life.

Living the life of your dreams is easier than you think.
Take the plunge – visit

www.wellineux.com

WHO WE ARE

MICHELLE MCCARTAN

A passionate coach and writer with a background in HR management and leadership development, Michelle is a dedicated wellness advocate on a fulfilling wellness journey of her own.

Michelle believes that anyone, anywhere, has the right to live a life of wellness – a belief that drives her to inspire and motivate others to map out a vision for their own journeys and live their best lives.

AMANDA MCMILLAN

After spending the past three years as one of the founders of a fast-growing Learning and Development organisation, Amanda is now on her own wellness journey – and she’s discovering firsthand how fulfilling it is to live a life aligned to her vision.

Amanda’s strategic leadership experience has given her many life lessons: the most important one being the passion to share and inspire others to be their best.