



**Enlightened Massage Therapy And Holistic Health Center**

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# Introduction

Welcome to your personal journey through holistic wellness! This workbook is designed to help you apply the principles of mind-body-spirit wellness to your daily life. Whether you're dealing with stress, seeking greater self-awareness, or simply wanting to live more intentionally, these exercises will guide you toward a more balanced and fulfilling life.

## How to Use This Workbook:

- Set aside quiet time for reflection
- Answer honestly - there are no "right" or "wrong" responses
- Use examples provided as inspiration, but trust your own experience
- Return to exercises whenever you need guidance or clarity
- Consider sharing insights with a trusted friend or wellness coach

**Remember:** Holistic wellness is a journey, not a destination. Be patient and compassionate with yourself as you explore these concepts.

# Chapter 1: Understanding Holistic Wellness

## Part A: Your Questions Answered

Before diving into exercises, let's establish a foundation. Review these key concepts:

**Holistic Wellness** means viewing you as a whole person—mind, body, and spirit—recognizing that these aspects are deeply interconnected.

**The Mind-Body-Spirit Connection** shows us that our thoughts, feelings, physical health, and spiritual sense of self constantly influence each other.

## Part B: Personal Wellness Assessment

### Exercise 1.1: Current Wellness Check-In

Rate yourself on a scale of 1-10 (1 = struggling, 10 = thriving) in each area:

#### MIND (Mental/Emotional Wellness)

- |   |   |
|---|---|
| <input type="checkbox"/> Stress management: ____/10 | <input type="checkbox"/> Emotional balance: ____/10 |
| <input type="checkbox"/> Mental clarity: ____/10    | <input type="checkbox"/> Anxiety levels : ____/10   |

#### BODY (Physical Wellness)

- |   |  |
|---|--|
| <input type="checkbox"/> Energy levels: ____/10 | <input type="checkbox"/> Physical comfort/pain management: ____/10 |
| <input type="checkbox"/> Sleep quality: ____/10 | <input type="checkbox"/> Overall physical function: ____/10        |

#### SPIRIT (Purpose/Connection)

- |  |   |
|--|---|
| <input type="checkbox"/> Sense of purpose: ____/10 | <input type="checkbox"/> Connection to something greater: ____/10 |
| <input type="checkbox"/> Inner peace: ____/10      | <input type="checkbox"/> Authenticity in daily life: ____/10      |

**Total Score:** \_\_\_\_/120

**Reflection:** Which area scored lowest? Which scored highest? What patterns do you notice?

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## Part C: Mind-Body-Spirit Connection Mapping

### Exercise 1.2: Identifying Your Connections

Think of a recent stressful situation. Use this example or create your own:

**Example Situation:** "My supervisor criticized my work in front of colleagues"

**My Situation:** \_\_\_\_\_

Now map how this affected each area:

**MIND Impact:** ☐ Racing thoughts ☐ Worry ☐ Anger ☐ Confusion ☐ Self-doubt

☐ Other: \_\_\_\_\_

**BODY Impact:** ☐ Muscle tension ☐ Headache ☐ Stomach upset ☐ Fatigue ☐ Restlessness

☐ Other: \_\_\_\_\_

**SPIRIT Impact:** ☐ Disconnected ☐ Loss of confidence ☐ Questioning purpose ☐ Feeling alone

☐ Other: \_\_\_\_\_

### **Exercise 1.3: Positive Connection Mapping**

Now think of a time when you felt truly well and balanced:

**My Positive Situation:** \_\_\_\_\_

**MIND Benefits:** ☐ Clear thinking ☐ Calm ☐ Confident ☐ Optimistic ☐ Focused

☐ Other: \_\_\_\_\_

**BODY Benefits:** ☐ Relaxed muscles ☐ Good energy ☐ Comfortable ☐ Strong ☐ Rested

☐ Other: \_\_\_\_\_

**SPIRIT Benefits:** ☐ Connected ☐ Purposeful ☐ Peaceful ☐ Authentic ☐ Grateful

☐ Other: \_\_\_\_\_

**Key Insight:** How can understanding these connections help you make better choices for your overall wellness?

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## **Part D: Identifying Your Wellness Priorities**

### Exercise 1.4: Who Can Benefit?

Check all that apply to you:

- ☐ Seeking relief from chronic pain, discomfort, or stiffness
- ☐ Feeling overwhelmed by stress, anxiety, or modern life demands
- ☐ Experiencing symptoms of burnout or low energy
- ☐ Wanting to make sustainable, healthy lifestyle changes
- ☐ Interested in natural remedies and self-care
- ☐ Looking for deeper self-connection or greater sense of purpose
- ☐ Seeking to improve overall functionality and vitality
- ☐ Other: \_\_\_\_\_

**Based on your selections, what are your top 3 wellness priorities?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Chapter 2: The 5-Minute Reset - Mindful Breathing for Instant Calm

## Part A: Understanding Mindful Breathing

Mindful breathing is one of the most accessible tools for instant calm. It requires no special equipment—just your willingness to be present with your breath.

## Part B: Guided Practice

### Exercise 2.1: Your First 5-Minute Reset

#### Preparation Checklist:

- |   |   |
|---|---|
| <input type="checkbox"/> Found a comfortable, quiet space | <input type="checkbox"/> Decided to sit or lie down |
| <input type="checkbox"/> Set a timer for 5 minutes        | <input type="checkbox"/> Committed to being present |

#### Follow these steps:

#### Minute 1: Settling and Noticing

- Notice your natural breath without changing it
- Find where you feel breathing most clearly: ☐ Tip of nose ☐ Chest expansion ☐ Belly movement ☐ Other: \_\_\_\_\_

#### Minute 2: Deepening Awareness

- Gently deepen your breath
- Inhale through nose, exhale through: ☐ Nose quietly ☐ Mouth with soft sigh ☐ Whatever feels natural

#### Minute 3: Anchoring to the Breath

- Notice when your mind wanders (it will!)
- Gently return focus to breath
- Common distractions I noticed: ☐ Thoughts about today ☐ Sounds around me ☐ Body sensations  
☐ Worries ☐ Other: \_\_\_\_\_

#### Minute 4: Exploring Sensations

- Notice the full breath cycle
- Physical sensations I observed:  

<input type="checkbox"/> Shoulders relaxing	<input type="checkbox"/> Jaw releasing
<input type="checkbox"/> Warmth spreading	<input type="checkbox"/> Calm feeling
<input type="checkbox"/> Other: _____	

## Minute 5: Returning and Integration

- Allow breath to return to natural rhythm
- Gently wiggle fingers and toes
- Slowly open eyes if they were closed

### Immediate Reflection:

**Before the exercise, I felt:** (circle all that apply) Stressed / Anxious / Rushed / Tense / Overwhelmed / Tired / Scattered / Other: \_\_\_\_\_

**After the exercise, I feel:** (circle all that apply)  
Calm / Centered / Relaxed / Clear / Peaceful / Refreshed / Present / Other: \_\_\_\_\_

**On a scale of 1-10, how much did this exercise help you feel calmer?** \_\_\_\_/10

## Part C: Building Your Practice

### Exercise 2.2: Integration Planning

**When could you most benefit from a 5-minute reset?** (check all that apply) ☐ When I wake up, to start my day with intention ☐ During stressful moments at work ☐ Before important meetings or conversations ☐ When I feel overwhelmed or anxious ☐ Before bed, to help me unwind ☐ After difficult conversations ☐ During lunch breaks  
☐ Other: \_\_\_\_\_

**Choose your top 3 scenarios and plan specifically:**

**Scenario 1:** \_\_\_\_\_  
**Where I'll practice:** \_\_\_\_\_  
**What might challenge me:** \_\_\_\_\_  
**How I'll overcome challenges:** \_\_\_\_\_

**Scenario 2:** \_\_\_\_\_  
**Where I'll practice:** \_\_\_\_\_  
**What might challenge me:** \_\_\_\_\_  
**How I'll overcome challenges:** \_\_\_\_\_

**Scenario 3:** \_\_\_\_\_  
**Where I'll practice:** \_\_\_\_\_  
**What might challenge me:** \_\_\_\_\_  
**How I'll overcome challenges:** \_\_\_\_\_

## Part D: Practice Log

### Exercise 2.3: Weekly Practice Tracking

Use this log to track your mindful breathing practice for one week:

Day	Time	Location	Duration	Stress Before (1-10)	Calm After (1-10)	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

**Weekly Reflection:** What did you learn about your breathing practice this week?

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What was easier than expected? What was more challenging?

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# Chapter 3: The Power of the Pause - Creating Space for Intentional Decisions

## Part A: Understanding Reactivity vs. Responsiveness

When we operate on autopilot, we often react instantly to situations. The "pause" creates space between stimulus and response, allowing for more intentional choices.

## Part B: Recognizing Your Patterns

### Exercise 3.1: Trigger Identification

Think of 3 recent situations where you reacted in a way you later wished you hadn't:

**Situation 1:** What happened?

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Who was involved? \_\_\_\_\_

What triggered your reaction? ☐ Criticism ☐ Feeling rushed ☐ Being interrupted ☐ Feeling unheard ☐ Specific words/tone ☐ Feeling judged  
☐ Other: \_\_\_\_\_

How did you react? ☐ Snapped back ☐ Shut down ☐ Got defensive ☐ Walked away angrily  
☐ Said something hurtful  
☐ Other: \_\_\_\_\_

**Situation 2:** What happened?

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Who was involved? \_\_\_\_\_

What triggered your reaction? ☐ Criticism ☐ Feeling rushed ☐ Being interrupted ☐ Feeling unheard ☐ Specific words/tone ☐ Feeling judged ☐  
Other: \_\_\_\_\_

How did you react? ☐ Snapped back ☐ Shut down ☐ Got defensive ☐ Walked away angrily  
☐ Said something hurtful  
☐ Other: \_\_\_\_\_

### Situation 3: What happened?

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Who was involved? \_\_\_\_\_

What triggered your reaction? ☐ Criticism ☐ Feeling rushed ☐ Being interrupted ☐ Feeling unheard

☐ Specific words/tone ☐ Feeling judged ☐ Other: \_\_\_\_\_

How did you react? ☐ Snapped back ☐ Shut down ☐ Got defensive ☐ Walked away angrily

☐ Said something hurtful ☐ Other: \_\_\_\_\_

**Pattern Recognition:** Looking at these three situations, what patterns do you notice?

Common triggers: \_\_\_\_\_

Common reactions: \_\_\_\_\_

Common emotions: \_\_\_\_\_

## Part C: Building Your Pause Toolkit

### Exercise 3.2: Pause Techniques

Try each technique and rate its effectiveness for you (1-10):

**The "One Breath" Rule** Before responding to a trigger, take one conscious deep breath.

**Practice situation:** \_\_\_\_\_

**Effectiveness rating:** \_\_\_\_/10

**Notes:** \_\_\_\_\_

**The Mental "Pause Button"** Visualize pressing a pause button in your mind when you feel reactive.

**Practice situation:** \_\_\_\_\_

**Effectiveness rating:** \_\_\_\_/10

**Notes:** \_\_\_\_\_

**The Question Method** Ask yourself: "What's most important here?" or "How do I want to respond?"

**Practice situation:** \_\_\_\_\_

**Which question worked best:** \_\_\_\_\_

**Effectiveness rating:** \_\_\_\_/10

**Notes:** \_\_\_\_\_

**The Delay Response** For non-urgent matters, say "Let me get back to you on that."

**Practice situation:** \_\_\_\_\_

**Effectiveness rating:** \_\_\_\_/10

**Notes:** \_\_\_\_\_

### Exercise 3.3: Creating Your Personal Pause Plan

**My top 3 triggers are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**For each trigger, I will:**

**Trigger 1:** \_\_\_\_\_

**My pause technique:** \_\_\_\_\_

**My intentional response will be:** \_\_\_\_\_

**Key question to ask myself:** \_\_\_\_\_

**Trigger 2:** \_\_\_\_\_

**My pause technique:** \_\_\_\_\_

**My intentional response will be:** \_\_\_\_\_

**Key question to ask myself:** \_\_\_\_\_

**Trigger 3:** \_\_\_\_\_

**My pause technique:** \_\_\_\_\_

**My intentional response will be:** \_\_\_\_\_

**Key question to ask myself:** \_\_\_\_\_

## Part D: Practice Scenarios

### Exercise 3.4: Pause Practice

For each scenario, write how you would use the pause to respond more intentionally:

**Scenario A:** Your coworker takes credit for your idea in a meeting.

**My typical reaction would be:** \_\_\_\_\_

**Using the pause, I would:** \_\_\_\_\_

**My intentional response:** \_\_\_\_\_

**Scenario B:** You're running late and hit every red light.

**My typical reaction would be:** \_\_\_\_\_

**Using the pause, I would:** \_\_\_\_\_

**My intentional response:** \_\_\_\_\_

**Scenario C:** Your family member criticizes a decision you made.

**My typical reaction would be:** \_\_\_\_\_

**Using the pause, I would:** \_\_\_\_\_

**My intentional response:** \_\_\_\_\_

**Scenario D:** You receive a harsh email from a client/customer.

**My typical reaction would be:** \_\_\_\_\_

**Using the pause, I would:** \_\_\_\_\_

**My intentional response:** \_\_\_\_\_

# Chapter 4: Unlocking Your Potential - Self-Actualization and Personal Growth

## Part A: Understanding Self-Actualization

Self-actualization isn't about achieving perfection—it's about becoming the most authentic, capable, and fulfilled version of yourself by aligning your actions with your deepest values and pursuing meaningful personal growth.

## Part B: Self-Awareness Assessment

### Exercise 4.1: Authenticity Check-In

Rate yourself honestly (1-10) on how authentic you feel in different areas:

- ☐ At work: \_\_\_\_/10 ☐ With family: \_\_\_\_/10 ☐ With friends: \_\_\_\_/10  
☐ In romantic relationships: \_\_\_\_/10 ☐ In social settings: \_\_\_\_/10 ☐ When alone: \_\_\_\_/10

Where do you feel most authentic? \_\_\_\_\_

Where do you feel least authentic? \_\_\_\_\_

What makes the difference? \_\_\_\_\_

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### Exercise 4.2: Values Clarification

From this list, circle your top 10 values:

Authenticity • Adventure • Balance • Beauty • Challenge • Community • Compassion • Creativity • Excellence • Faith • Family • Freedom • Fun • Growth • Health • Honesty • Independence • Integrity • Justice • Knowledge • Leadership • Love • Nature • Peace • Recognition • Security • Service • Spirituality • Success • Tradition • Wisdom

Now narrow down to your top 5:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

For each top value, answer:

Value 1: \_\_\_\_\_

What this means to me: \_\_\_\_\_

How I currently honor this: \_\_\_\_\_

How I could honor this more: \_\_\_\_\_

Value 2: \_\_\_\_\_

What this means to me: \_\_\_\_\_

How I currently honor this: \_\_\_\_\_

How I could honor this more: \_\_\_\_\_

Value 3: \_\_\_\_\_

What this means to me: \_\_\_\_\_

How I currently honor this: \_\_\_\_\_

How I could honor this more: \_\_\_\_\_

Value 4: \_\_\_\_\_

What this means to me: \_\_\_\_\_

How I currently honor this: \_\_\_\_\_

How I could honor this more: \_\_\_\_\_

Value 5: \_\_\_\_\_

What this means to me: \_\_\_\_\_

How I currently honor this: \_\_\_\_\_

How I could honor this more: \_\_\_\_\_

## Part C: Strengths and Growth Areas

### Exercise 4.3: Personal Inventory

**My natural strengths include:** (check all that apply) ☐ Listening to others ☐ Problem-solving ☐ Creative thinking ☐ Organization ☐ Leading others ☐ Learning new things ☐ Helping people ☐ Physical abilities ☐ Communication ☐ Analysis ☐ Intuition ☐ Technical skills ☐ Emotional support ☐ Planning ☐ Adaptability ☐ Persistence ☐ Other: \_\_\_\_\_

**Activities that make me lose track of time:** ☐ Reading/learning ☐ Creating art/music ☐ Helping others ☐ Physical exercise ☐ Problem-solving ☐ Being in nature ☐ Organizing/planning ☐ Teaching ☐ Building/fixing things ☐ Socializing ☐ Meditation/reflection ☐ Cooking ☐ Other: \_\_\_\_\_

**Areas where I'd like to grow:** ☐ Confidence ☐ Communication skills ☐ Physical health ☐  
Emotional balance ☐ Relationships ☐ Career skills ☐ Creativity ☐ Spirituality ☐ Leadership ☐  
Self-care ☐ Boundaries ☐ Patience  
☐ Other: \_\_\_\_\_

## Part D: Purpose and Meaning

### Exercise 4.4: Purpose Exploration

Complete these sentences:

I feel most alive when I'm: \_\_\_\_\_

People often come to me for: \_\_\_\_\_

If money wasn't a factor, I would spend my time: \_\_\_\_\_

\_\_\_\_\_

The problems in the world that concern me most are: \_\_\_\_\_

\_\_\_\_\_

I want to be remembered for: \_\_\_\_\_

\_\_\_\_\_

When I imagine my ideal life, I see myself: \_\_\_\_\_

\_\_\_\_\_

### Exercise 4.5: Meaningful Goal Setting

Based on your values, strengths, and sense of purpose, set 3 meaningful goals:

**Goal 1 (Personal Growth): What:**

\_\_\_\_\_

Why this matters to me: \_\_\_\_\_

First small step: \_\_\_\_\_

Timeline: \_\_\_\_\_

**Goal 2 (Relationships/Connection): What:**

\_\_\_\_\_

Why this matters to me: \_\_\_\_\_

First small step: \_\_\_\_\_

Timeline: \_\_\_\_\_

**Goal 3 (Contribution/Service): What:**

**Why this matters to me:** \_\_\_\_\_

**First small step:** \_\_\_\_\_

**Timeline:** \_\_\_\_\_

## **Part E: Overcoming Limiting Beliefs**

### **Exercise 4.6: Belief Examination**

**What negative thoughts do you often have about yourself?**

☐ "I'm not good enough" ☐ "I don't deserve success" ☐ "I'm too old/young" ☐ "I'm not smart enough" ☐ "I always mess things up" ☐ "People won't like me" ☐ "I can't change" ☐ "I'm not creative" ☐ "I'm not strong enough"

☐ Other: \_\_\_\_\_

**Choose your most limiting belief and work through it:**

**My limiting belief:** \_\_\_\_\_

**Evidence that supports this belief:** \_\_\_\_\_

\_\_\_\_\_

**Evidence that contradicts this belief:** \_\_\_\_\_

\_\_\_\_\_

**A more balanced, truthful belief would be:** \_\_\_\_\_

**How would I act differently if I believed this new truth?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Your Personal Wellness Plan

## Integration and Moving Forward

### Exercise 5.1: Creating Your Holistic Wellness Plan

Based on everything you've discovered in this workbook, create your personal plan:

**My Wellness Vision:** In 6 months, I want to feel:

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**My Mind-Body-Spirit Priorities:**

**MIND:** \_\_\_\_\_

**Specific practices I'll use:** \_\_\_\_\_

**BODY:** \_\_\_\_\_

**Specific practices I'll use:** \_\_\_\_\_

**SPIRIT:** \_\_\_\_\_

**Specific practices I'll use:** \_\_\_\_\_

**Daily Practices I Commit To:** ☐ 5-minute mindful breathing ☐ Using the pause before reacting  
☐ Values-based decision making ☐ Gratitude practice ☐ Movement/exercise ☐ Adequate sleep ☐  
Healthy eating ☐ Time in nature ☐ Connection with others ☐ Creative expression  
☐ Learning/growth  
☐ Other: \_\_\_\_\_

**Weekly Practices I Commit To:** ☐ Longer meditation/reflection ☐ Time in nature ☐ Social  
connection ☐ Creative projects ☐ Physical activity ☐ Journaling ☐ Reading ☐ Planning/goal  
review ☐ Self-care activities  
☐ Other: \_\_\_\_\_

**Monthly Check-ins:** ☐ Review and adjust goals ☐ Assess values alignment  
☐ Celebrate progress ☐ Identify areas for growth  
☐ Other: \_\_\_\_\_

**My Support System:** Who can support me on this journey?

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What professional support might be helpful?

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### **Exercise 5.2: Your First Week Plan**

**This week, I will focus on:**

**Monday:** \_\_\_\_\_

**Tuesday:** \_\_\_\_\_

**Wednesday:** \_\_\_\_\_

**Thursday:** \_\_\_\_\_

**Friday:** \_\_\_\_\_

**Saturday:** \_\_\_\_\_

**Sunday:** \_\_\_\_\_

**Potential obstacles and how I'll handle them:**

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**How I'll celebrate small wins:**

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**Final Reflection:**

**The most important insight I gained from this workbook:**

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**The practice I'm most excited to implement:**

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**One thing I want to remember when facing challenges:**

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**Congratulations on completing your Holistic Wellness Workbook!**

Remember: This is not an ending, but a beginning. Holistic wellness is an ongoing journey of growth, self-discovery, and alignment. Be patient and compassionate with yourself as you implement these practices. Consider returning to these exercises periodically to track your growth and adjust your path.

Your journey toward greater balance, authenticity, and well-being starts now. Trust yourself, honor your unique path, and remember that every small step matters.

**Resources for Continued Growth:**

- Return to any exercise when you need clarity
- Share insights with trusted friends or family
- Consider working with a holistic wellness coach
- Join supportive communities aligned with your values
- Continue learning about practices that resonate with you

*Wishing you peace, growth, and abundant wellness on your journey.*