

SELF-MADE Wellionaire™

Companion
Workbook

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Disclaimer: This companion workbook is meant to accompany the book *Self-Made Wellionaire: Get Off Your Ass(et), Reclaim Your Health, and Feel like a Million Bucks*. If you don't already have the book, you can [BUY IT HERE](#).

Self-Made Wellionaire Companion Workbook

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The content of this book is for general instruction only. Each person's physical, emotional, and spiritual condition is unique. The instruction in this book is not intended to replace or interrupt the reader's relationship with a physician or other professional. Please consult your doctor for matters pertaining to your specific health and diet.

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Introduction

Take a look around. Everywhere you turn, people are measuring success based on what's in their wine cellar, how well their stocks are performing, or the square footage of their walk-in closet (I mean—"dressing room").

You are among a growing cadre of enlightened people who know better. Your yardstick for prosperity is different. Though you are responsible for a great deal, you understand that your most important job is to be self-healthy, happy, and fulfilled. Nothing is more valuable than that.

As the mother of three wild little humans, I know firsthand how frenzied life can be. It's hard enough taking good care of your work and your family, let alone yourself.

Just like in the business world, personal success is calculated. Getting healthy isn't just about wanting to look, feel, think, or be better. It's about making a cohesive plan, avoiding pitfalls, and managing your life accordingly.

That's where my Self-Made Wellionaire system comes in. It's simple. It's fun. It will change your life!

It's also practical. The Self-Made Wellionaire system combines the best of what I learned in my MBA program with the best of what I've learned in my holistic health coaching practice. You will learn how to use basic business strategies to begin planning how you are going to make your wellions. You'll also discover how to become the CEO of your life by creating a clear vision, setting achievable goals, and formulating a relevant wellness action plan.

This workbook is packed with hands-on exercises and tools that will help you start living like a Wellionaire. So let's get down to business. By the time you're done, you'll be the self-healthiest person you know!

EXERCISE 1

Create Your Vision

Refer to Chapter 3 in Self-Made Wellionaire for more info.

Step 1: Write down the one or two wellness changes you most want to make in the next three to six months.

Change 1: _____

Change 2 (optional): _____

Step 2: List the most important reason why you want to make the change. This is the basis of your whole vision. Begin with the phrase “I want to <Insert Your Answer to Change 1 here> because _____.”

I want to _____

because _____

Step 3: Now imagine the intended outcome you hope to achieve in three to six months’ time. This is likely the opposite of how you are feeling now. Begin with the phrase “I see myself _____.”

I see myself _____

Step 4: Answer the SWOT questions to identify the trouble point that threatens to derail you from succeeding. Make sure your answers directly relate to your responses in steps 1 and 2.

Step 5. Connect the dots by putting steps 1 through 4 together and—boom!—you have a clear, SWOT tested vision that will help you to formulate your goals and action steps. Taking the extra time now to write out a cohesive vision is well worth it. It is your roadmap for how to—and how not to—start on the path to becoming a Self-Made Wellionaire, and you will want to refer back to it many times over.

<p>STRENGTHS: What are my related strengths?</p>	<p>WEAKNESSES: What are my related weaknesses?</p>
<p>OPPORTUNITIES: What opportunities do I see for improvement in the future?</p>	<p>THREATS: What are the threats that could prevent me from achieving my goal?</p>

Sample Vision 1—Andy:

The doctor said I'm at risk for heart disease. I want to start eating better because I'm tired of feeling like a walking medicine cabinet. I see myself medication-free with my cholesterol and blood pressure under control.

I'm an adventurous eater and enjoy healthy foods. But I eat a lot of meals out, especially work lunches, and tend to order too much unhealthy food. I don't know how to cook and am afraid I will set the whole kitchen on fire if I so much as look at my toaster.

POSSIBLE GOALS	SMART GOALS
Possible Goal 1:	
Possible Goal 2:	
Possible Goal 3:	
Possible Goal 4:	
Possible Goal 5:	
Possible Goal 6:	

It's best to break your SMART goals down into one-month, three-month, and six-month mini-goals. Using the template provided, go ahead and assign two of your SMART goals to each time period.

SMART GOALS FORM

Write in a start date and an end date. If your goal doesn't have an end date, and it's a self-healthy habit you want to continue, leave that section blank.

One month: A single month will sneak up on you fast so be sure to set achievable, low-hanging fruit goals that you can accomplish quickly.

1. _____

Start Date: _____ End Date: _____

2. _____

Start Date: _____ End Date: _____

Three months: You have ample time to complete these goals so push yourself out of your comfort zone a bit and give yourself something to reach for.

1. _____

Start Date: _____ End Date: _____

2. _____

Start Date: _____ End Date: _____

Six months: In six months, it's possible to create almost any healthy new lifestyle habit, so really try to imagine the possibilities.

1. _____

Start Date: _____ End Date: _____

2. _____

Start Date: _____ End Date: _____

EXERCISE 3

Mini Action Plan

Refer to Chapter 5 in Self-Made Wellionaire for more info.

SAMPLE MINI ACTION PLAN			
GOAL: <FILL IN>			
Strategy: <Fill in>	Action Step 1 <Fill in>	Action Step 2 <Fill in>	Action Step 3 <Fill in>
Deadline	Write in your deadline for Action Step 1.	Write in your deadline for Action Step 2	Write in your deadline for Action Step 3.
Resources Needed	List any resources needed to com- plete this action step.	List any resources needed to com- plete this action step.	List any resources needed to com- plete this action step.

MINI ACTION PLAN			
GOAL:			
Strategy:			
Deadline			
Resources Needed			

EXERCISE 4

Weekly Action Plan

Refer to Chapter 5 in Self-Made Wellionaire for more info.

WEEKLY ACTION PLAN				
Current Goal _____		Week of _____		
	Action steps	Resources Needed	Completed?	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

EXERCISE 5

Day In The Life Exercise

Refer to Chapter 6 in Self-Made Wellionaire for more info.

Starting from when you wake up in the morning until bedtime, write down how you spend a typical WEEKDAY in your life. Note the approximate time when you complete each task. (If you don't have a "typical" day, I recommend completing this exercise several days in a row so you can spot patterns.)

Be real with yourself about how you spend your time. Include things like "Playing FarmVille" for three hours and "Uploading food porn to Instagram" for 90 minutes. It may not be pretty, but it's the truth.

While you want to include a lot of details, there's no need to include everything. Some things are better left in the bathroom. Or the bedroom. Or even a padded room. (Freak.)

Weekday Example:

- 5:30 a.m., Wake up
- 5:45 a.m., Think about showering
- 6:15 a.m., Eat Breakfast
- 6:30 a.m., Leave for Work

TIME:	TASK:
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____
7.	_____
8.	_____
9.	_____
10.	_____

11. _____
12. _____
13. _____
14. _____
15. _____

Now write down how you spend a typical WEEKEND in your life. It's likely quite different from how you spend your weekdays.

Weekend Example:

- Saturday, 10 a.m., Meet Amy for our Saturday morning stair climb
- Saturday, 1 p.m., Get walked by my dogs
- Saturday 7 p.m., Date night
- Sunday 9 a.m., Confess my date night sins in church
- Sunday 11 a.m., Brunch
- Sunday 3 p.m., Grocery shopping and errands

TIME:	TASK:
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____
7.	_____
8.	_____
9.	_____
10.	_____
11.	_____
12.	_____
13.	_____
14.	_____
15.	_____

Take a few minutes to review your completed “Day In The Life” exercise before moving on to the next step. Look closely at how you spend your time. You may be noticing blocks of inefficiencies. If you are like most people, you’re probably spending at least an hour a day on unproductive tasks that could be put on hold or completely eliminated from your schedule.

EXERCISE 6

Time Management Exercise

Refer to Chapter 6 in Self-Made Wellionaire for more info.

This exercise will help you figure out what's draining you and what you wish you could be doing instead. Refer back to the answers you provided in the "Day in The Life" exercise. Be brutally honest about what you don't like doing, what you need help doing, or what you could stop doing altogether.

Top three things I'm doing that I actually enjoy doing:

1. _____
2. _____
3. _____

Examples: Walking my kids to school each morning; yoga class; my new job

Top three things I'm doing that I don't like/dread/hate doing:

1. _____
2. _____
3. _____

Examples: Cleaning my house; paying the monthly bills; helping the kids with homework

Top three areas where I can be more efficient:

1. _____
2. _____
3. _____

Examples: Sorting/washing/folding laundry; checking emails; my morning routine

The area I most need to be more efficient in is

Example: My morning routine.

Top 3 things I can do to save time in this area:

1. _____
2. _____
3. _____

Examples: Make lunches the night before; lay out my clothes the night before; stop hitting the snooze button fourteen times.

Which activities seem to drain you?

1. _____
2. _____
3. _____

Examples: Phone conversations with "that" friend; watching television; driving to and from work

The activity I most want to do less of is _____.

Example: Driving to and from work

The activity I most want to get help with is _____.

Example: Paying the monthly bills

The activity I most want to stop doing altogether is _____.

Example: Cleaning the house

What do you wish you could be doing more of?

1. _____
2. _____
3. _____

Examples: Spending time with my family; traveling; reading

The activity I most want to do more of is: _____.

Example: Spending time with my family

Things I would try doing if I had more time:

1. _____
2. _____
3. _____

Examples: Blogging; scuba diving; learning Spanish

The activity I would most want to try if I had more time is: _____.

Example: Scuba diving

3) Make Room in Your Schedule

Pay special attention to your responses regarding what you wish you could do less of, get help with, or stop doing altogether. These are your time thieves and they are not only draining your time, they're depleting precious energy.

You want to model yourself after the concept of "lean manufacturing." When companies practice lean manufacturing, they eliminate as much waste as possible from the manufacturing process. That's exactly what you're trying to do with your day-to-day schedule.

Steal some hours back by finding smarter ways to complete your daily activities. Be more productive. Outsource. Delegate. Team up. The best way to find more time is to minimize wasted time.

1. *Decide how you are going to delegate/outsource/team up to complete this activity:*

The activity I most want to do less of is _____.
I'm going to accomplish this by _____.

Example 1:

The activity I most want to do less of is driving to and from work. I'm going to accomplish this by taking the bus.

Example 2:

The activity I most want to do less of is cleaning up the shitstorm that is my kitchen after dinner. I'm going to accomplish this by delegating this task to the kids. Right after I remove all sharp objects that could be used to stab someone.

2. *Decide how you are going to delegate/outsource/team up to complete this activity:*

The activity I most want to get help with is _____.

I'm going to I am going to accomplish this by _____.

Example 1:

The activity I most want to get help with is paying the bills. I'm going to accomplish this by asking my husband if he can take on this task since I've been doing it for the past ten years. It's his turn.

Example 2:

The activity I most want to get help with is babysitting. I'm going to accomplish this by signing up for the local babysitting co-op. Here's to hoping all the good kids show up when it's my turn. #prayforme #needamiracle

3. *Decide how you are going to delegate/outsource/team up to complete this activity:*

The activity I most want to stop doing altogether is _____.

I'm going to accomplish this by _____.

Example 1:

The activity I most want to stop doing altogether is cleaning the house. I'm going to accomplish this by hiring someone to do a deep cleaning twice a month.

Example 2:

The activity I most want to stop doing altogether is mowing the lawn. I'm going to accomplish this by hiring my neighbor's teenager to do the job. I have so much dirt on that kid, how could he possibly say no to eight cents an hour?

4. *Decide how you can do this activity more efficiently:*

The area I most need to be more efficient in is _____.

I can be more efficient in this area by _____.

Example 1:

The area I most need to be more efficient in is my morning routine. I can be more efficient in this area by making lunches and laying out my clothes the night before.

Example 2:

The area I most need to be more efficient in is dinner preparation. I can be more efficient in this area by creating a meal plan in advance.

4) Create a Self-Healthy Living Schedule

Now that you've figured out how to be more efficient with your time and created some room in your schedule, you can create your own Self-Healthy Living Schedule.

EXERCISE 7

Self-Healthy Living Schedule

Refer to Chapter 6 in *Self-Made Wellionaire* for more info.

SELF-HEALTHY LIVING SCHEDULE							
	M	T	W	Th	F	Sat	Sun
	TIME						
EVERYDAY ACTIVITIES:							
Wake up							
Get Ready							
Arrive at Work							
Eat Breakfast							
Lunch							
Healthy Snack							
Leave Work							
Arrive Home							
Eat Dinner/Clean up/ Make lunch for next day							
Read/Write/TV							
Bed							
OTHER WEEKLY TASKS							
Meal Planning							
Grocery Shopping							
Weekly Errands							
SOCIAL ACTIVITIES							
Date Night							
Fun Night							
Social Time with Friends							
EXERCISE							
Gym/Fitness Class/ Other Exercise							
SPIRITUALITY, GROWTH, SELF-CARE							
Weekly Self Care Time/ Misc Appointments/ Hobbies							

EXERCISE 8

Risk Management Plan

Refer to Chapter 7 in Self-Made Wellionaire for more info.

SAMPLE RISK MANAGEMENT PLAN

Plan Features	Description
Risk Factors	I have an addiction to buttercream frosting
Risks	Four family birthday parties this month = four tempting cakes
Risk Impact	1. Failing to meet my weight-loss goal 2. Increasing my sugar cravings
Strategies to Mitigate Risk	<p>HEDGE: I normally allow myself two small desserts per week as part of my eating plan. Otherwise I get hangry. But I'm going to skip desserts on the weeks when there is a birthday party in case that buttercream frosting gets the best of me.</p> <p>INSURANCE: I'm going to whip up a batch of my famous black bean brownies. Trust me, they're ahhhh-mazing. I'll bring a brownie with me to each party so I have a better option if I feel like I need something sweet.</p> <p>CONTROLS: To avoid binging at any of the parties, I'm going to allow myself to have a small sliver. Between all four parties it will equal one normal-sized piece of cake.</p>

RISK MANAGEMENT PLAN

Plan Features	Description
Risk Factors	
Risk	
Risk Impact	
Strategies to Mitigate Risk	HEDGE: INSURANCE: CONTROLS:

EXERCISE 9

Daily Tracker

Refer to Chapter 8 in Self-Made Wellionaire for more info.

SAMPLE DAILY TRACKER							
Action steps	MON	TUE	WED	THUR	FRI	SAT	SUN
1. Eat one serving of dark leafy greens per day	x	x	x	x	x		x
2. Limit simple carbs to two servings per day		x	x		x	x	
3. Exercise 30 minutes per day	x	x	x	x	x		x

Simply list your self-healthy action steps for the week and then mark the box after you complete each one, or leave it blank if you don't.

DAILY TRACKER							
Action steps	MON	TUE	WED	THUR	FRI	SAT	SUN

EXERCISE 10

Weekly Self-Health Tracker

Refer to Chapter 8 in Self-Made Wellionaire for more info.

SAMPLE WEEKLY SELF-HEALTH TRACKER

Goal/Action Step	Target per week	Actual per week	Variance
I will learn how to cook one new healthy meal per week for the next three months.	1	1	0
80% of the groceries I purchase each week will consist of fruits, veggies, and other whole foods.	80%	50%	-30%
I will lose 12 pounds in 12 weeks.	1	1.5	+0.5
I will add 30 minutes of movement to each weekday for three months.	150	135	-15
I will drink a fresh fruit smoothie every day	7	6	-1

WEEKLY SELF-HEALTH TRACKER

Goal/Action Step	Target per week	Actual per week	Variance

Fruit & Veggie Tracker

Refer to Chapter 10 in *Self-Made Wellionaire* for more info.

Fruit and Veggie Servings/Day

One serving of fruits or vegetables is generally equal to 1/2 cup. Keep in mind that a proper portion of dried fruit would be less than 1/2 cup, whereas a serving of raw leafy greens would be more than a cup. It can get confusing, so to clear things up check out www.buzzle.com/articles/serving-size-of-fruits-and-vegetables.html. Each time you consume a serving, cross it off using the daily charts below. Record your consumption for two weeks.

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

1 2 3
4 5 6
7 8 9
10

If You Are Averaging:

0-4 servings a day - Remember to use the strategies you've learned so far to find ways to add more fruits and veggies to your diet.

5-8 servings a day - Excellent work! You're eating more fruits and veggies than most people. Now can you reach 10 servings a day?

9 or more servings a day - Way to go! You're antioxidant levels are likely rising, along with your energy. There's no stopping you.

EXERCISE 12

The Breakfast Experiment

Refer to Chapter 10 in Self-Made Wellionaire for more info.

Explore eating a different breakfast every day for a week. Using the template on the next page, note what you eat and how you feel, both right after eating and again two hours later. Take a minute to sit quietly after you eat and reflect. Record how your energy level, your moods, and your physical symptoms are affected by what you eat.

Here's a sample breakfast experiment menu. Tailor your menu to suit your preferences—just be sure it has a good mix of options.

Day 1: Whole-grain cereal with milk

Day 2: Greek yogurt with berries and flaxseed

Day 3: Oatmeal

Day 4: A blueberry muffin

Day 5: Spinach omelet with buttered toast

Day 6: Whole-grain toast with natural peanut butter and banana slices

Day 7: Fresh fruit smoothie

Day	What I ate	How I feel right after eating	Two hours later
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

WEEKLY FOOD JOURNAL

	MON	TUES	WED	THURS	FRI	SAT	SUN
Date							
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							
Water	123 456 78	123 456 78	123 456 78	123 456 78	123 456 78	123 456 78	123 456 78

To download this template go to www.jillginsberg.com/templates

EXERCISE 14

Jill's Weekly Meal Planner

Refer to Chapter 11 in Self-Made Wellionaire for more info.

How to Create Your Own Meal Plan

These are the simple steps you will want to follow each week:

STEP 1: Write down your family's favorite meals.

Think about the recipes you and/or your family have come to love and make a "Family Favorite Meals" list so you can reference them when making your monthly meal plans. Let these crowd pleasers be a part of your regular rotation. Add new favorites to this list each week.

STEP 2: Note important commitments on the meal planning calendar.

Get out your calendar or planner and scan the upcoming week for scheduled activities, events, and commitments, such as kids' activities, social plans, or late work nights. In the "Note" area, indicate important reminders, such as when you will be dining out, having company, or requiring a quick meal.

STEP 3: Identify the meal planning strategy or strategies you want to use.

The meal planning strategies are a jumping off point for creating your weekly menu. Feel free to experiment with any or all of the strategies. They will help you to get a jump start on filling in your plan.

STEP 4: Assign a main course and one or two side dishes for each day of the week.

Based on your schedule for the week, assign a main course to each evening you plan to cook. Then add one or two side dishes (if applicable) to accompany each main course. Remember to incorporate some of the meal planning tips, such as using shared ingredients, cooking once, eating twice, and making seasonal recipes.

STEP 5: Find recipes.

Use your recipe file, the Internet, or cookbooks to find a simple recipe to accompany every assigned main course and side dish. Avoid over-complicated, high-maintenance recipes that have tons of ingredients. Stick to recipes with five to ten ingredients, max. And sometimes a recipe isn't necessary, like if you're simply grilling chicken breast or cooking something from memory.

STEP 6: Make a shopping list.

Review your recipes and add any ingredients you don't already have on hand to your grocery list. Then head to the store and get it done! Remember, the goal is to go food shopping once per week, so you want your list to be all-inclusive.

JILL'S SAMPLE WEEKLY MEAL PLANNER

Monday Note:	Friday Note:	Grocery List <input type="checkbox"/>
Breakfast: Toast with almond butter and honey	Breakfast: Blueberry power smoothie	<input type="checkbox"/>
Lunch: Chia seed pudding with berries and shredded coconut	Lunch: Loaded sweet potato	<input type="checkbox"/>
Dinner: Tofu fried rice with zucchini, peas and carrots	Dinner: Broiled pesto salmon	<input type="checkbox"/>
Side: N/A	Side: Quinoa pilaf	<input type="checkbox"/>
Side: N/A	Side: Roasted vegetables	<input type="checkbox"/>
Tuesday Note:	Saturday Note:	<input type="checkbox"/>
Breakfast: Oatmeal with raisins and almonds	Breakfast: Chicken sausage, spinach and tomato omelet	<input type="checkbox"/>
Lunch: Leftover fried rice	Lunch: Pasta and tomato salad with leftover pesto	<input type="checkbox"/>
Dinner: Spiced garbanzo bean and cauliflower tacos	Dinner: White bean, chard and chicken chili	<input type="checkbox"/>
Side: Purple cabbage slaw	Side: Cornbread muffins	<input type="checkbox"/>
Side: Pickled radishes, jalapeños and avocado slices	Side: N/A	<input type="checkbox"/>
Wednesday Note:	Sunday Note: Soccer practice	<input type="checkbox"/>
Breakfast: Green smoothie	Breakfast: Gluten-free waffles with berries	<input type="checkbox"/>
Lunch: Avocado, tomato, onion, and sprout sandwich	Lunch: Meeting Jen for lunch (leftover chili for the kids)	<input type="checkbox"/>
Dinner: Mushroom and spinach frittata	Dinner: Roasted butternut squash and apple soup	<input type="checkbox"/>
Side: Baked sweet potato fries	Side: Tomato and spinach salad	<input type="checkbox"/>
Side: N/A	Side: N/A	<input type="checkbox"/>
Thursday Note:	Additional Reminders:	<input type="checkbox"/>
Breakfast: Egg-white omelet with smoked salmon and tomatoes	Make extra muffins for the potluck.	<input type="checkbox"/>
Lunch: Hummus with olives, veggies, and stuffed grape leaves		<input type="checkbox"/>
Dinner: Baked eggplant Parmesan		<input type="checkbox"/>
Side: Kale salad and lemon vinaigrette		<input type="checkbox"/>
Side: N/A		<input type="checkbox"/>

EXERCISE 15

Stress Journal

Refer to Chapter 13 in Self-Made Wellionaire for more info.

SAMPLE STRESS JOURNAL

Time	Trigger event	Level	Symptoms/ Reaction	Coping response
7:30 a.m.	I locked myself out of my car.	8	Quick heartbeat. Sweating.	Kicked the car, then called a locksmith.
9 a.m.	I was late for the quarterly meeting with the CEO.	8	Shortness of breath. Anxious about impact on my career.	Talked with my friend about it and felt better.
3 p.m.	The deadline for a big client report is looming.	7	Headache. Lost my temper with my assistant.	Went outside to get some fresh air. Then stopped at the vending machine for some chocolate.
8 p.m.	My boss called to check on the status of the report.	8	Shortness of breath. Headache again. Tension in shoulders.	Drank a beer.
2 a.m.	Neighbors are having a loud party.	7	Angry. Frustrated.	Tossed and turned. Then yelled "shithead!" out the window. Twice.

STRESS JOURNAL

Time	Trigger event	Level	Symptoms/ Reaction	Coping response

Closing

Once you complete these exercises, you will be well on your way to reclaiming your health and feeling like a million bucks. You have devised concise goals and action steps to bring your wellthy vision to life. You understand how to avoid common pitfalls, and you're armed with sound wellness advice that you can immediately begin applying to your life.

Your Future Wellions—Final Thoughts

Don't stop once you've achieved your initial goals. Set your sights on even bigger ones. In the business world this quest to always do better is called "continuous improvement." It's what allows companies to ensure that their products and services keep pace with a constantly evolving environment.

Likewise, your needs will shift over time. To protect your future wellions:

- Conduct a self-assessment every six months to evaluate your progress and performance. Are you still following your Weekly Action Plan and keeping up with your Self-Healthy Living Schedule? Be honest about your triumphs and failures. Ask what you could be doing to better manage your wellions, and what your hopes are for the future. Then adjust your goals accordingly.
- Take a cue from the business world and make it a 360-degree assessment. Ask those in your immediate circle to weigh in on your progress. If you have children, make sure you ask them how your performance stacks up. Kids are like scales—they won't lie when you ask them if you lost weight. Or ask your dad, partner, best friend, or co-worker for feedback on how you are doing. (Don't bother asking mom. She will ooh and ahh over you no matter what. Lovely as this adulation may be, it's not particularly helpful when you are looking for unbiased reviews.)

- Speaking of family, friends, and co-workers—they will make becoming a Wellionaire more fun. Team up with them whenever possible. Embark on future goals together. The more the merrier!

Follow the roadmap you created using this workbook. It leads you directly to greater wellth. Though you may fall off track every now and then, take heart in knowing that you can always find your way again. Dust yourself off, get up off your ass(et), and refer back to your plan. Every now and then crack open this book again for a refresher.

Here's to your future wellions!

About Jill

Jill Ginsberg is an author, speaker, health coach and mother of three wild little humans. After serving time in the trenches as a serial entrepreneur and former corporate manager, she combines her offbeat humor and business knowledge to teach busy people everywhere how to run their lives like a boss. Jill lives with her family in Seattle, Washington. Learn to get wealthy the fun way, and sign up for her newsletter at JillGinsberg.com.



Your Invitation to the Wellionaire Community

Change isn't easy, is it? I get that it can be a struggle to stay motivated and on track with your wellness goals. That's why I've spent my career creating fun systems and tools to make it easier for people like you to live a healthier, happier, more balanced life.

One of the best ways to make getting wellthy fun is to surround yourself with other amazing and inspiring people who are working towards similar goals. It's helpful to have a community in your corner to help cheer you on and keep you company.

That's why I've created **The Self-Made Wellionaire Private Facebook group**, an invitation-only little spot on the web for people who want to be healthy, wellthy and wise. Not only will you get to meet a whole crew of other wellionaires-in-the-making, you will also get tons of tips, recipes and other bonus content directly from yours truly.

In fact, you'll find me hangin' out there quite a bit, fielding questions, creating fun challenges and sharing laughs with all of you.

Visit www.facebook.com/groups/1771986199709422 to join the free community or contact me today with your questions.

See you there SMARTy-pants!

Jill

Author, Speaker, Coach (and Wise-Ass)

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To get the most out of this companion workbook, get your copy of *Self-Made Wellionaire* today.

Available at
amazon

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