

# WELLNESS PLANNER

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# Complete Workbook Wellness Planner

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about health behaviors By writing in the Health and Wellness Journal Workbook you will be able to learn why you behave the way you do Each of the 76 health and wellness themes is discussed and followed by an exercise These themes integrate all the dimensions of health and wellness from emotional to social to spiritual health The related exercises ask you to reflect by responding to specific questions related to each theme Each exercise is carefully designed to encourage self responsibility positive behavior change and total well being The Complete Book of Colleges, 2020 Edition Princeton Review,2019-07-02

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