



House of Mila  
*coaching & therapy*

# Holistic Wellness Harmony Guide

*Personal Journal*



# Hey Dear You

Welcome to your personalized Holistic Wellness Harmony Guide. I'm thrilled for you to embark on your path toward overall well-being.

Holistic Wellness harmony covers your body, mind, emotions, and spirituality. These elements are interconnected, shaping your health and vitality. True wellness supports physical, mental, and soulful fulfillment.

Within these journal pages, you'll explore your well-being and gain the confidence to take initial steps toward your holistic health objectives.

I'm delighted to have you along for this remarkable expedition into holistic well-being and balance.

*Let's get started*



House of Mila  
*coaching & therapy*

[info@houseofmila.eu](mailto:info@houseofmila.eu)

 [houseofmila](https://www.facebook.com/houseofmila)

 [house\\_of\\_mila\\_coachingtherapy](https://www.instagram.com/house_of_mila_coachingtherapy)

[www.houseofmila.eu](http://www.houseofmila.eu)



# How to Make the Most of Your Journal

## Step One

Start your journey by using the Holistic Wellness Wheel to check your current well-being.

## Step Two

Dream a little! Consider what your ideal life balance might look like based on your own vision and priorities.

## Step Three

Time to plan. Think about the steps you can take to reach your holistic health goals. It's all part of your incredible wellness journey!



House of Mila  
*coaching & therapy*

[info@houseofmila.eu](mailto:info@houseofmila.eu)

 [houseofmila](https://www.facebook.com/houseofmila)

 [house\\_of\\_mila\\_coachingtherapy](https://www.instagram.com/house_of_mila_coachingtherapy)

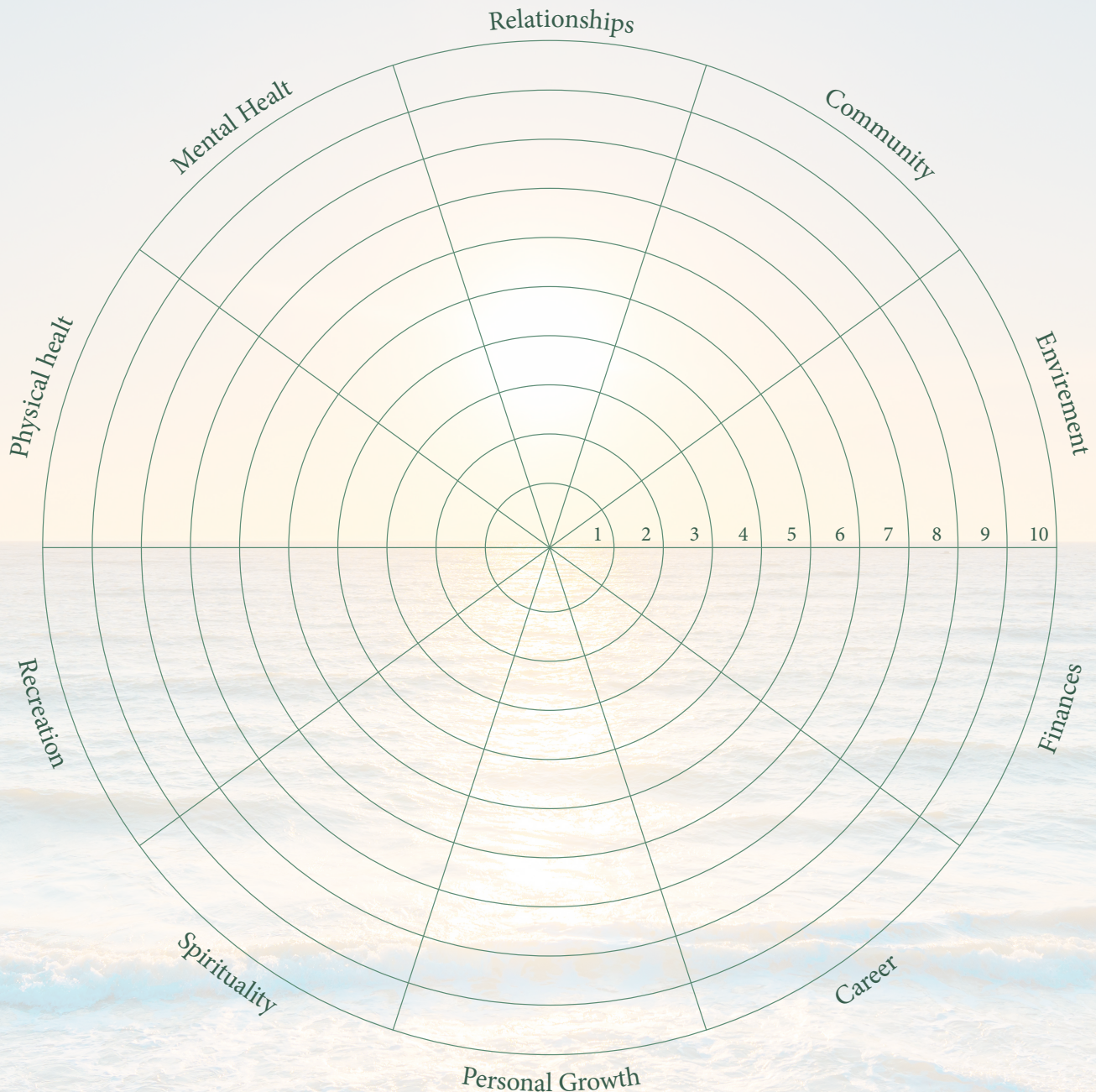
[www.houseofmila.eu](http://www.houseofmila.eu)



# 1. Holistic Wellness Wheel

The wheel below outlines various aspects of your holistic well-being – it's like your personal well-being pie! Consider how content you are with each life area and give them a rating on a scale from 1 (needs improvement) to 10 (fantastic). Fill in each section according to your score.

This forms your present Holistic Wellness Wheel.  
How's the balance of your current well-being looking?





# 2. Wellness Harmony

Write a short description for each area to outline your ideal balance.  
Keep in mind that some aspects might need more attention than others, depending on your personal vision and priorities.

★ Physical Healt

.....  
.....  
.....

★ Relationships

.....  
.....  
.....

★ Enviroment

.....  
.....  
.....

★ Spirituality

.....  
.....  
.....

★ Career

.....  
.....  
.....

★ Mental Healt

.....  
.....  
.....

★ Community

.....  
.....  
.....

★ Recreation

.....  
.....  
.....

★ Personal Growth

.....  
.....  
.....

★ Finances

.....  
.....  
.....



House of Mila  
*coaching & therapy*



# 3. Deeper Inner Journey

Let's explore further. Think about the gap between your current Holistic Wellness Wheel and your ideal vision for balanced living. As you reflect on these differences, respond to the following questions.

How do you feel about the current balance in your Holistic Wellness Wheel?

.....

.....

Which area do you feel most content with?

.....

.....

Which area surprised you the most?

.....

.....

Which area is the first you would you like to improve?

.....

.....

What is one goal you can make to improve this area?

.....

.....

What will help you commit to this goal?

.....

.....

How will you overcome any foreseeable obstacles?

.....

.....

Who will support you as you move towards your goal?

.....

.....





# *You did it!*

Congratulations on completing your Holistic Wellness Harmony Guide! You've taken a significant first step toward achieving a balanced, healthy, and fulfilling life.

Throughout this journaling journey, you've embarked on a path of self-discovery, deep reflection, and personal growth. By putting your thoughts and feelings into writing, you've gained invaluable insights into your mind and heart. These insights have the potential to shape your future wellness in amazing ways.

Are you ready to continue your wellness journey?

Unlock the full potential of your well-being with a personalized approach designed to align with your unique path. Explore the power of Mindfulness, Family Constellations, Meditation, Inner Healing, and Solution-Focused Therapy. These practices will help you connect the dots across every aspect of your mind-body health. Together, we'll identify areas for improvement and create individualized, evidence-based strategies to help you achieve your ideal balanced life.

I'm truly grateful for your dedication to your health and well-being. Thank you for allowing me to be a part of your remarkable wellness journey!

*Let's work together*



**House of Mila**  
*coaching & therapy*

[info@houseofmila.eu](mailto:info@houseofmila.eu)

 [houseofmila](https://www.facebook.com/houseofmila)

 [house\\_of\\_mila\\_coachingtherapy](https://www.instagram.com/house_of_mila_coachingtherapy)

[www.houseofmila.eu](http://www.houseofmila.eu)