

Wellness Wednesday

Pre-Session Worksheet

(To be filled out on the same day as the workshop)



Whenever you come across this heart icon, take a *deep breath* (4 count in, 4 count out)

Quick Check-In

1. How are you arriving to this session?

- Energized
- Interested
- Neutral
- Tired
- Overwhelmed
- Other:



2. Do you feel any stress or tension in your body?

- Yes
- No, my body feels relaxed


3. If yes, where do you feel it?

- Head
- Jaw
- Chest
- Shoulders/Neck
- Stomach
- Legs
- Other:



4. What's one word that describes you today?






Before We Begin: Reflection

5. What's one thing you've recently done that you feel proud of? 

6. What's one habit, pattern, or mindset you've been working on and feel excited to explore and improve?

Today's Session: Key Topics

This session will focus on:

-  Mental health as performance health
-  The mind-body connection and practical tools for managing stress
-  Building pattern awareness and using the “wedge” to shift behavior
-  Motivation and procrastination: clarity, the 5-minute rule, and small safe starts
-  The “next 1%” approach and habit stacking for steady, sustainable progress

Setting Today's Intentions and Goals

How to set an intention:



An Intention is a clear, positive statement that reflects what you want to cultivate or focus on during your wellness session. Think of it as a river you choose to put your boat in, letting the current gently guide you through it's ebbs and flows.

Choose what you'd like to invite in

Pick one quality you want to cultivate today (i.e. calm, clarity, confidence, curiosity, openness, etc.)

Phrase it in a positive, present-focused way

i.e. "I want to stay open and curious" or "I chose to be patient with myself"

Your Intention(s) for this Session: 

Your Goal(s) for this Session:

What would you like to walk away with from this workshop?

- Tools to support stress and/or anxiety
- Support with motivation and/or procrastination
- Ideas for daily routines or grounding practices
- Strategies for better school/work-life balance
- Space to reflect, reset, and recharge
- Other: