

## MINDFUL ACTIVITY

## END OF THE YEAR JOURNAL PROMPTS

1. WHAT DOES **HEALTH** MEAN TO YOU?

2. WHAT DOES **WELLNESS** MEAN TO YOU?

3. WHAT DOES **FULFILLMENT** MEAN TO YOU?

4. WHAT IS ONE **ACTION STEP** YOU CAN TAKE IN THE NEW YEAR TO HELP SUPPORT YOUR WELLNESS?