

## Your Top Three

*Pulled from Marshall University Wellness Center*

1. **Identify:** the top three dimensions of wellness you'd like to grow in.
2. **Act:** note a few actions you will implement to improve and maintain them.
3. **Follow up:** check your progress three months from now, then again three months after that to see what has changed and the work you still need to do.
4. **Bonus:** Find an accountability partner to support you!

<b>Dimension 1:</b>		
<b>How will I strengthen and maintain this wellness area?</b>	<b>3 month check-in</b>	<b>6 month check-in</b>

<b>Dimension 2:</b>		
<b>How will I strengthen and maintain this wellness area?</b>	<b>3 month check-in</b>	<b>6 month check-in</b>


<b>Dimension 3:</b>		
<b>How will I strengthen and maintain this wellness area?</b>	<b>3 month check-in</b>	<b>6 month check-in</b>

## Affirmation Cards


Feel free to print these out for yourself, share them with others, or use them as inspiration to create your own collection of favorite quotes or sayings. Let the words inspire and uplift you.

You can edit and create your own [here](#).


## Affirmation Cards



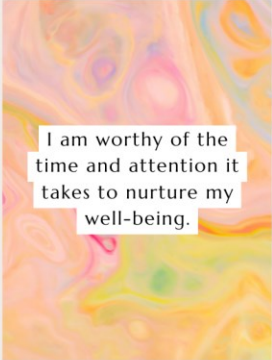
I am worthy of rest.




Healing is a shared journey. By nurturing my own well-being, I contribute to the communal tapestry of resilience and support.



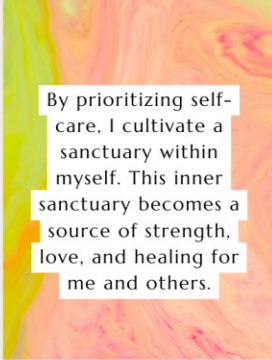
I am a magnet for healing and prosperity.




I am worthy of the time and attention it takes to nurture my well-being.




I resist the notion that self-sacrifice is the only path to success.



By prioritizing self-care, I cultivate a sanctuary within myself. This inner sanctuary becomes a source of strength, love, and healing for me and others.



I release the guilt associated with taking breaks and embrace rest as a crucial element of self-love and renewal.



I forgive myself for moments when I prioritized the demands of life over my own needs.

### Articles

Wolbring, G., & Lillywhite, A. (2023). Burnout through the lenses of equity/equality, diversity and inclusion and disabled people: A Scoping Review. *Societies*, 13(5), Article 5.

<https://doi.org/10.3390/soc13050131>

Jordan, M. (2023). The power of connection: Self-care strategies of social wellbeing. *Journal of Interprofessional Education & Practice*, 31, 100586.

<https://doi.org/10.1016/j.xjep.2022.100586>

Stoewen, D. L. (2017). Dimensions of wellness: Change your habits, change your life. *Canadian Veterinary Journal*, 58(8), 861–862.

Mosley, D. V. (2023). A biomythography introducing the Blafemme Healing framework. *The American Psychologist*, 78(5), 678–694. <https://doi.org/10.1037/amp0001146>

### Additional Resources

- [Eight Dimensions of Wellness Self-assessment pdf](#)
- [Indigo Daya Coping Skills pdf](#)
- [The Nap Ministry – Rest is Resistance by Tricia Hersey](#)
- [The Rest Deck by Tricia Hersey](#)
- [The Chani App for mindfulness meditations](#)