



THE ULTIMATE

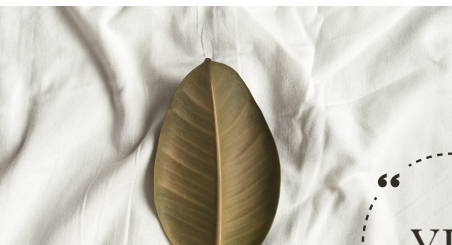
WELLNESS GUIDE

This workbook will be your guide in living a life full of joy, health, and happiness. Start taking action and live your best life now!

BY SOL PINEDA

WWW.SOLPINEDAWELLNESS.COM

It all starts with your commitment



“
YES
”

I hereby commit to myself to do all the exercises and show up to my goals and health. I am willing to make myself my priority

Your Signature here





WORKBOOK



How to Use

Follow each chapter and suggested exercises throughout this workbook daily or weekly. Set a day and time to make this self love moment part of your routine



Hi, I'm Sol Your Certified Health and Wellness Coach.

It is my pleasure to be working by your side and sharing some of the most profound insights when it comes to creating the life you want.

I have been working with clients all over the world and this guide is a summary of deep and profound dedication towards the self, yourself. I know you are ready for it because you have already committed, so LET'S START!

The purpose of this annual wellness guide is to create a life full of joy, abundance, happiness and health.

With love and kindness,

Sol Pineda



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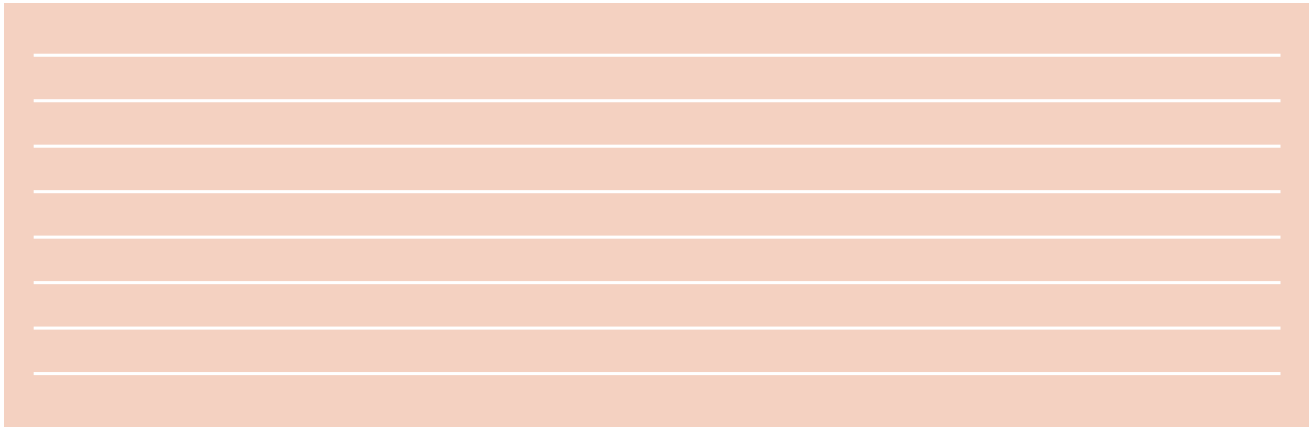
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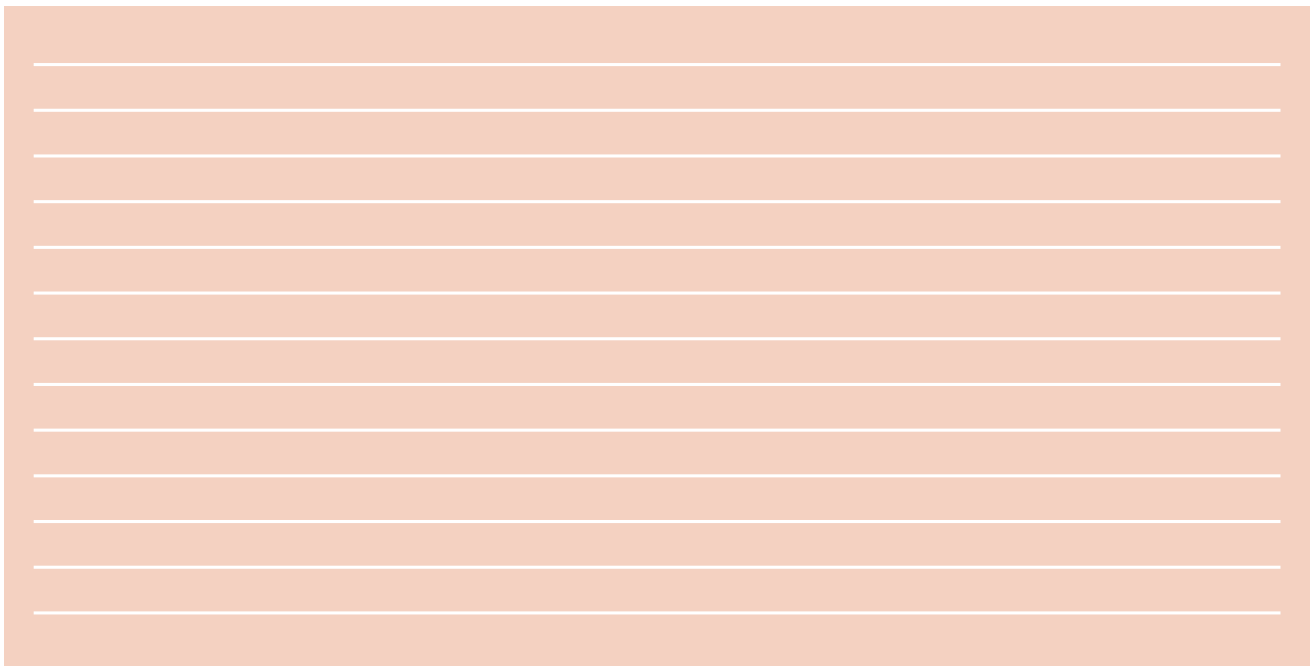
THE GUIDE TO RELAXING AND RE ENERGIZING

MONTH ONE: QUESTION & ANSWER WORKSHEET CREATE YOUR S.M.A.R.T GOALS

Write a short description detailing what you want to achieve for your health and lifestyle

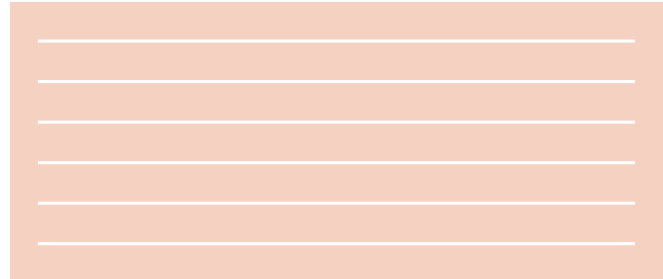


Write a short description detailing how would you feel if all your goals would become your reality.

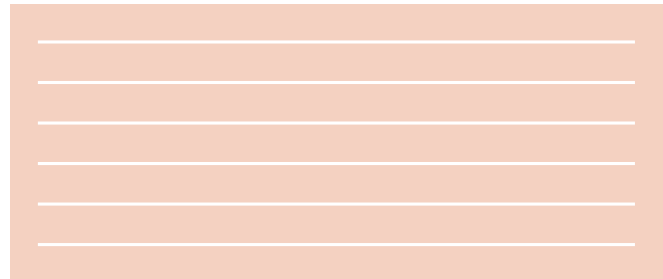


WRITE YOUR GOALS FOR THE NEXT YEAR

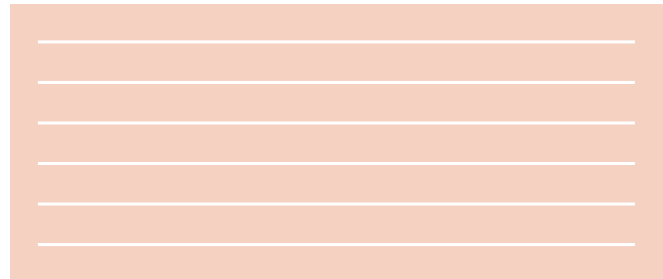
1) Write your goals for the next week (upto 3 S.M.A.R.T Goals per question)



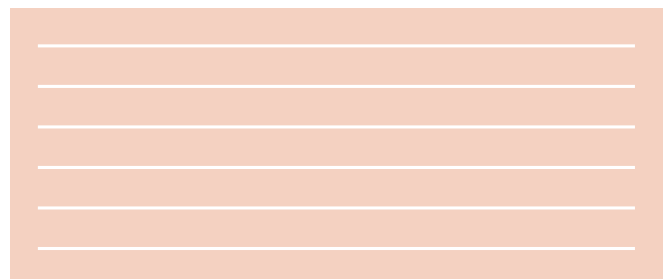
2) Write your goals for the next three months



3) Write your goals for the next six months



4) Write your goals for the next year





REMEMBER THAT HAVING A PLAN IS GREAT, AND WE ALSO NEED ACCOUNTABILITY

- PRINT YOUR GOALS SHEET AND HAVE IT SOMEWHERE YOU CAN SEE IT DAILY
- HAVE A DUE DATE FOR EACH GOAL AND USE YOUR CALENDAR TO KEEP YOURSELF ACCOUNTABLE
- FIND THREE ACTION STEPS THAT WILL SUPPORT EACH GOAL (ACTIVITIES, TASKS, SUPPORT BUDDIES)
- JOURNAL ABOUT HOW YOU FEEL AND WANT TO FEEL OR VISUALIZE IT, IT ALL STARTS IN YOUR THOUGHTS AND MIND!

With Love xxx

Sol Pineda

MONTH TWO: REVERSE BUCKET LIST, FOCUSING ON SELF LOVE

Sometimes it's great to remember all the things you have already achieved. So let's make a reverse bucket list by listing all the accomplishments you have done in terms of your health and habits (nutrition, physical activity, crowding out unhealthy habits)

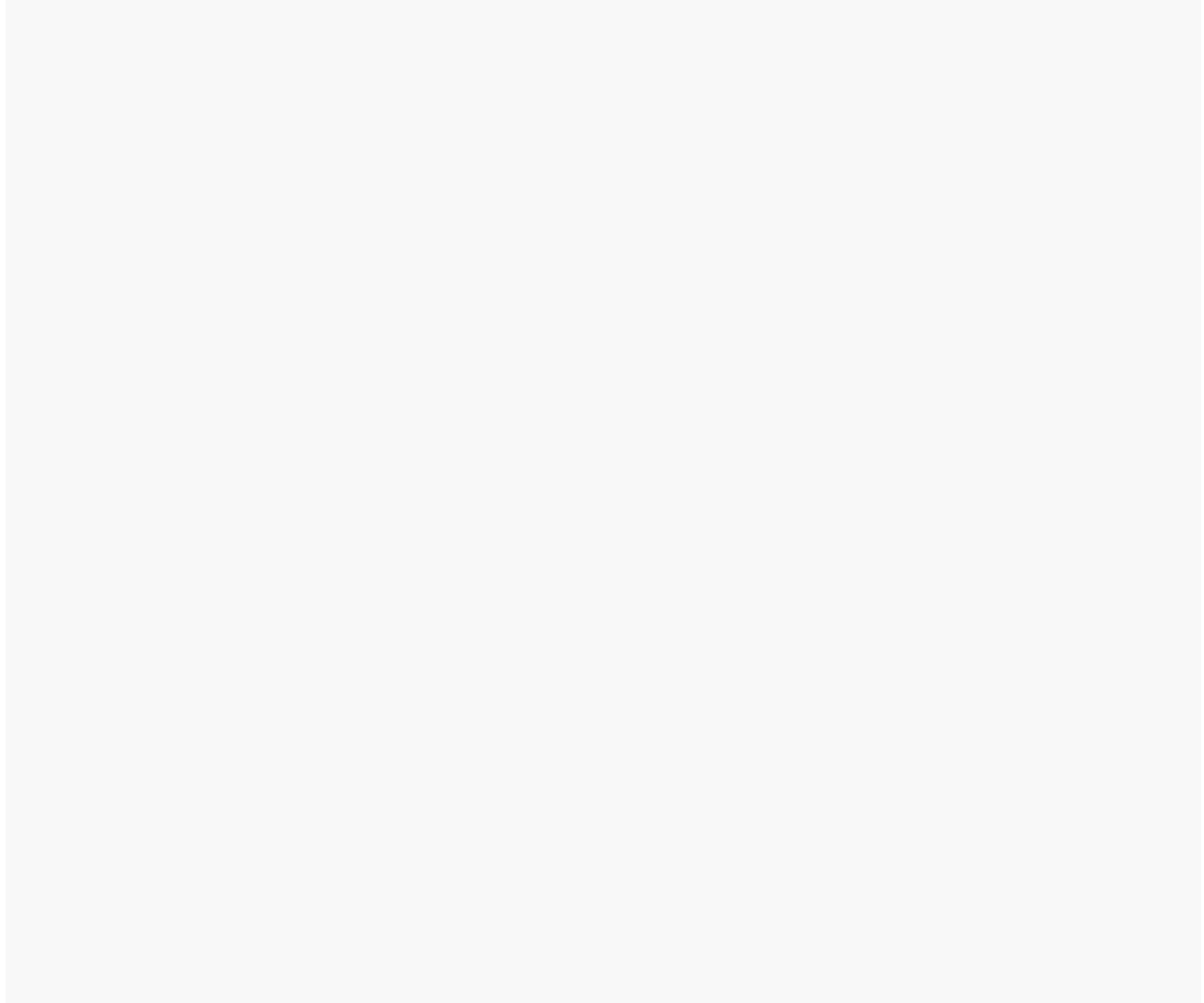
Write all your accomplishments when it comes to prioritizing yourself (self love, self care and time management)

Write all the accomplishments you've made in other areas of your life (career, social life, creativity, finances, relationships)

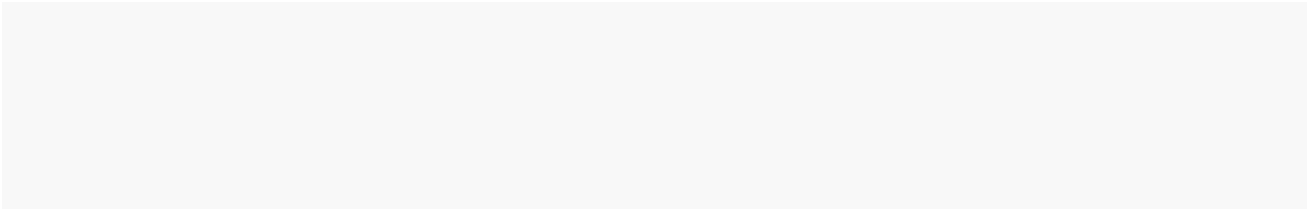
NOTES FOR YOURSELF:

CREATE A VISION BOARD OF ALL THE THINGS THAT WOULD SUPPORT YOUR HEALTHIEST, ABUNDANT, JOYFUL SELF

Use this space or a cardboard to create a vision board with magazines, photos and quotes that support your goals and most vibrant self. For 1 month take a look at this vision board for at least 5 minutes a day.



NOTES:



MAKING TIME FOR YOURSELF

Write about the activities and moments during the day in which you could be making time for yourself with non judgment.

-
-
-
-
-
-

Write about how you would feel if you would actually prioritise yourself first.

NOTES:

MONTH THREE: CHANGING THE WAY YOU FEEL AND FLOW AROUND FOOD

THIS SHORT CHALLENGE WILL GIVE YOU A NEW PERSPECTIVE ON YOUR FOOD RELATIONSHIP

1 BE OPEN

STAY OPEN TO SOMETHING NEW WHEN IT COMES TO FOOD. TRY MY SMOOTHIE RECIPES IN THE NEXT PAGE FOR ONE WEEK PLUS ADD A NEW INGREDIENT (HERB, SPICE OR VEGETABLE) INTO YOUR COOKING EACH WEEK

BRING LOVE TO EVERY BITE IN YOUR MOUTH. IF GUILT HAS BEEN RUNNING THE SHOW, JOURNAL ABOUT IT, RELEASE IT ALL AND RE SET YOURSELF TO A RELATIONSHIP WITH LOVE, ACCEPTANCE AND PROGRESS INSTEAD OF GUILT AND FEAR.

2 A NO GUILT APPROACH

3 STICK TO YOUR GOALS

REMEMBER OUR FIRST MONTH? GO BACK TO YOUR GOALS WHEN IT COMES TO FOOD. MAKE LOVING DECISIONS INSTEAD OF QUICK, EASY ONES. CHOOSE WHOLE FOODS FOR 2 WEEKS AND NO PROCESSED FOODS IN YOUR SHOPPING CART - JOURNAL AND USE YOUR FOOD TRACKER FOR A WEEK



MANGO PINEAPPLE SMOOTHIE:

- 1/2 CUP ORGANIC MANGO
- 1/2 CUP PINEAPPLE
- 1/2 CUP COCONUT MILK UNSWEETENED
- 1/2 CUP COCONUT WATER
- 1 TSP CINNAMON
- 1 TSP STEVIA
- 1 TSP ORGANIC VANILLA EXTRACT
- PINCH OF SALT

A VERY BERRY SMOOTHIE:

- 1 CUP FROZEN BERRIES OF CHOICE
- 1 CUP COCONUT/ ALMOND MILK
- 1/2 CUP COCONUT WATER
- 1 TBS ALMOND BUTTER
- 1 TSP STEVIA
- 1 TSP VANILLA EXTRACT
- 1 TSP RAW CACAO



A NO GUILT APPROACH

REFLECT ON ALL THE JUDGMENTS YOU'VE MADE AROUND YOURSELF AND YOUR BODY. INCLUDE FEELINGS OF SHAME, GUILT OR UNWORTHINESS

NOW WRITE WHY YOU ARE WILLING TO LET THIS GO AND FORGIVE YOURSELF

TAKE A MOMENT TO MEDITATE ON WHAT YOU'VE JUST WRITTEN. ASK FOR HIGHER GUIDANCE AND UNIVERSAL LOVE TO SUPPORT YOUR SELF FORGIVENESS JOURNEY AND WRITE ANY THOUGHTS WHEN YOU FINISH

NOTES:

PROGRESS TRACKER - FOOD JOURNAL

Today's Date:

Breakfast

Lunch

Dinner

Today I Am Feeling...

Drinks & Snacks



2 Liters Of Water



Green Brain Juice Shake



MOVEMENT - GOING BACK TO FEELING MOTIVATED

Reflect on the following calls to action when it comes to movement

1

WHAT DID YOU LOVE TO DO AS A KID?

Was there a sport or any type of movement such as biking, dancing or running that you loved as a kid?

2

HAVE YOU PRACTICED IT LATELY?

If there was a specific sport you used to play and loved, have you practiced it lately? Would you try it again?

3

DO YOU PREFER INDOORS OR OUTDOORS?

Our preferences may change with time, are you an outdoors kind of person or do you prefer being cozy inside?

4

SOLO OR GROUP SPORTS?

Where do you find yourself thriving when it comes to sports, solo or in a group?

5

IS THERE ANYTHING CHALLENGING - NEW OUT THERE FOR YOU?

How do you feel about trying something that is absolutely NEW to you? What would this be?

6

WHEN IS YOUR BEST TIME TO EXERCISE?

Are you more of a morning person or would you rather have an afternoon routine?

7

HOW CAN YOU BUILD A ROUTINE?

Have you thought about reaching out for a support group? Having an accountability partner? Joining all the answers from these questions and saying yes to a new habit?

SUPPLEMENTS, WHAT ELSE CAN YOU ADD IN YOUR LIFE

Supplements are a great way to support our gut health and immune system. Have you explore supplements before?

VITAMIN D

From eggs, salmon, organic cheese and SUN!

VITAMIN B'S

Almonds, avocado, spinach and brussel sprouts are just some of the B'S FAM!

VITAMIN C

Kiwi fruit, oranges, strawberries and broccoli.. and so many others, melon and ginger too!

MAGNESIUM

Pumpkin seeds, dark chocolate, edamame, quinoa and cashews - also almonds, black beans, figs and bananas!

ZINC

Oyster, eggs, nuts and red meat - plus tofu, hemp seeds and lentils

WRITE DOWN ABOUT THE SUPPLEMENTS THAT YOU TAKE

HAVE YOU EVER HEARD ABOUT PROBIOTICS AND PREBIOTICS?

WHICH NATURAL WAY OF SUPPLEMENTING IN YOUR DIET HAVE YOU FOUND?

SET GOALS FOR EACH SEASON

With what you've learned and know about supplements, and medicinal food, herbs and spices REFLECT: Which are the things you can include in each coming month or season ?

Goal

Strategies

Goal

Strategies

Goal

Strategies

Goal

Strategies

DO YOU TAKE A MOMENT TO RELAX DURING THE DAY?

Let's make a short assesment of where you are at now

1. Do you take time off during the day - at least 1 hour to just stop everything youre doing, breath and BE?

YES **NO** **NOT APPLICABLE**

2. Do you spend time in contact with nature, at least 20 minutes a day?

YES **NO** **NOT APPLICABLE**

3. Do you feel you can take a day off?

YES **NO** **NOT APPLICABLE**

4. Do you ever turn off your phone completely for at least a whole day?

YES **NO** **NOT APPLICABLE**

5. Do you take 20 minutes a day to mediate or do your own praying / breathing practice?

YES **NO** **NOT APPLICABLE**

NOTES:



CALL TO ACTION

SO IF YOUR HEART IS CALLING FOR ACTION

THIS IS THE TIME TO DO IT

Xo

Sol Pineda

COUNT ME IN

Sol Pineda



LET'S CONNECT

|
*with love &
gratitude*

TO FOLLOW UP AND MAKE ALL YOUR DREAMS.
VISUALISATIONS AND GOALS COME TRUE -

TO CREATE BALANCE AND HAPPINESS
CONTACT ME FOR A ONE ON ONE SESSION TO DISCOVER
HOW WE CAN WORK TOGETHER

- 1:1 PRIVATE COACHING FOR 6 MONTHS / TAILOR MADE
- GROUP COACHING STARTING EVERY 6 MONTHS
- RETREAT WITH YOUR FRIENDS OR STAFF MEMBERS IN NEW ZEALAND

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SOL PINEDA WELLNESS / ANNUAL WELLNESS GUIDE