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PSYCHOTHERAPY & COACHING

**GUIDE TO PERFECTING YOUR WELLNESS & HAPPINESS**



Being in the entertainment industry for a few years, Ilona realized, that her passion for mindful living began amidst the chaos of being a publicist for high profile celebrities and brands. The constant pressure, urgency, and balance of image and identity fascinated her, but she knew it was not meant long-term for her sensitive and introspective soul. This way of life was then followed by a second career in the healing arts doing energy work and therapeutic massage. While hands on healing was a wonderful modality, her passion for words, stories and meaning making gave her the desire to go back to grad school, and obtain the 3000 hours required for licensure as a psychotherapist. Ilona believes in synchronicity and the flow of life, and is now grateful to draw upon her past careers to inform her current private practice.

Ilona draws on the experiences of her past to inform her work. Being a dancer in her early years, she is very aware of the importance of body posture, breath work, and movement. Emotions and memories are stored in our bodies, affecting how we show up in the world on a daily basis. It is vital to learn about how you express yourself, how you experience your feelings, and how that impacts your behavior/relationships. How can you create change unless you first take a non-judgmental look at yourself, learn about why you do what you do, and then decide what you would rather be/do/have?

How we show up in our minds, bodies and relationships has a huge impact on our emotional wellbeing.



## GUIDE TO PERFECTING YOUR WELLNESS & HAPPINESS

We all are seeking IMPROVED wellness and happiness in our lives!

Did you know that "WELLNESS" could be uniquely defined BY you and FOR you?

STOP trying to attain someone else's rigid or imposed definition! START defining it for yourself!

This worksheet will guide you to discovering WHAT your ideal definition of health/wellness is, and how to REFINE / PERFECT your thoughts, behaviors and actions for optimal results.

Zones of Wellness that we are constantly seeking, battling, and/or comparing -

- \*Physical
- \*Emotional
- \*Intellectual
- \*Creative
- \*Social/Relational
- \*Spiritual
- \*Environmental
- \*Occupational
- \*Financial



## First Things First -

Identify your TOP 3 zones of wellness that you would like to focus on.

Write them down and commit to them for a MONTH!

MY TOP THREE ZONES OF WELLNESS ARE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I often find that if you widen your focus and try to do too much at once, nothing gets done. You become frustrated, overwhelmed, and give up before you can see the change you are creating.

You can and will get to it all!!! But, first things first, start with your TOP 3 ONLY for now.

## The Process -

Go through the below questions with each of your TOP 3 zones.

I encourage you to write, free flow, allow yourself to dream. Let your desires come through and communicate with you. They are in there; in your mind, in your body and in your subconscious. Too often we don't stop to drop in, connect, or think about who and what it is that we are working so hard for. Take the time now to gain clarity and set yourself up to win once and for all.

ZONE OF WELLNESS #1 \_\_\_\_\_

ZONE OF WELLNESS #2 \_\_\_\_\_

ZONE OF WELLNESS #3 \_\_\_\_\_

## WHAT

What is it that you are trying to achieve in this zone? Get specific, detailed, incorporate descriptive imagery, feeling words, and paint the elaborate image of what it is that you are wanting!

ZONE #1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ZONE #2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ZONE #3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are the excuses that you feel are keeping you stuck or far from having what you want?

ZONE #1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ZONE #2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ZONE #3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What would it be like to have what you want?

ZONE #1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ZONE #2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ZONE #3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WHO

Who would you need to be in order to have what you want in this zone? Include specific feeling words, descriptors, habits, character traits, ways of speech, social circles, hobbies, specific methods of movement and nourishment that you would need to engage in.

ZONE #1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ZONE #2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ZONE #3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Who is stopping you from being that version of yourself currently?

ZONE #1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ZONE #2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ZONE #3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Who can you enroll to support you in your goals to wellness?

ZONE #1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ZONE #2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ZONE #3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WHERE

Where would you spend time to achieve what you want in this zone?

ZONE #1 \_\_\_\_\_

\_\_\_\_\_

ZONE #2 \_\_\_\_\_

\_\_\_\_\_

ZONE #3 \_\_\_\_\_

\_\_\_\_\_

Where could you go for support, guidance, and inspiration?

ZONE #1 \_\_\_\_\_

\_\_\_\_\_

ZONE #2 \_\_\_\_\_

\_\_\_\_\_

ZONE #3 \_\_\_\_\_

\_\_\_\_\_

Where have you stopped yourself before in this journey? What was it that stopped you?

ZONE #1 \_\_\_\_\_

\_\_\_\_\_

ZONE #2 \_\_\_\_\_

\_\_\_\_\_

ZONE #3 \_\_\_\_\_

\_\_\_\_\_

**WHEN**

When do you recall wanting the goal in this zone before?

ZONE #1 \_\_\_\_\_

\_\_\_\_\_

ZONE #2 \_\_\_\_\_

\_\_\_\_\_

ZONE #3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When will you be willing to do something differently?

ZONE #1 \_\_\_\_\_

\_\_\_\_\_

ZONE #2 \_\_\_\_\_

\_\_\_\_\_

ZONE #3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When will enough be enough of you not having what you want?

ZONE #1 \_\_\_\_\_

\_\_\_\_\_

ZONE #2 \_\_\_\_\_

\_\_\_\_\_

ZONE #3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## HOW

How ready are you to make a change in this zone?

(On a scale of 0-10, where 0 is not ready at all, 10 is eager, willing, and ready)

ZONE #1 \_\_\_\_\_  
\_\_\_\_\_

ZONE #2 \_\_\_\_\_  
\_\_\_\_\_

ZONE #3 \_\_\_\_\_  
\_\_\_\_\_

How willing are you to get uncomfortable?

(On a scale of 0-10, where 0 is not ready at all, 10 is eager, willing, and ready)

ZONE #1 \_\_\_\_\_  
\_\_\_\_\_

ZONE #2 \_\_\_\_\_  
\_\_\_\_\_

ZONE #3 \_\_\_\_\_  
\_\_\_\_\_

How will you take your first steps to creating change?

ZONE #1 \_\_\_\_\_  
\_\_\_\_\_

ZONE #2 \_\_\_\_\_  
\_\_\_\_\_

ZONE #3 \_\_\_\_\_  
\_\_\_\_\_

## REALITY CHECKING

Would others consider this goal and definition of wellness healthy and appropriate?

ZONE #1 \_\_\_\_\_

ZONE #2 \_\_\_\_\_

ZONE #3 \_\_\_\_\_

If so, do these people have your best interest in mind?

Are they informed, educated, and experienced in this?

## FINAL THOUGHTS

Is it worth it to put in the work, get uncomfortable, ask for help, try something new, and trust the process to get what you want/be who you want to be?

ZONE #1 \_\_\_\_\_

ZONE #2 \_\_\_\_\_

ZONE #3 \_\_\_\_\_

If so, create a CLEAR and concise definition of what you value and what you are wanting to attain in your TOP 3 zone.

ZONE #1 \_\_\_\_\_

ZONE #2 \_\_\_\_\_

ZONE #3 \_\_\_\_\_

Redefine your language and day-to-day ways of being to start seeing this as your unique blueprint to wellness and happiness.

Don't let the noise, temptation of comparison, or social media presentations of "perfection," derail you from what you desire and what you want to create in your life!

## ACTION STEPS

Post these definitions somewhere that you will see them on a daily basis.

I really love post-its on the mirror in the bathroom, or dry erase markers on mirrors.

Inundate your subconscious mind with words, movement, actions, habits and ways of being that support your version of optimal health and happiness!

MY FINAL DEFINITION AND GOAL FOR WELLNESS IN ZONE #1

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MY FINAL DEFINITION AND GOAL FOR WELLNESS IN ZONE #2

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MY FINAL DEFINITION AND GOAL FOR WELLNESS IN ZONE #3

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