



Chiseled by Choices:
***A Personal
Wellness Workbook***

*Tough-Love Questions for
Living with Intention Across the
Eight Facets of Wellness*

How to Use This Workbook

This workbook was created to be used slowly, honestly, and without performance. It is not a test. It is not a checklist. It is an invitation to pause, reflect, and make intentional choices.

You may work through the facets in order or begin with the area that feels most urgent. There is no right pace. Growth does not require speed—it requires truth.

Each facet includes:

- ◆ A brief reflection to ground the topic
- ◆ Tough-love questions to prompt self-inquiry
- ◆ Space for notes, journaling, or commitments

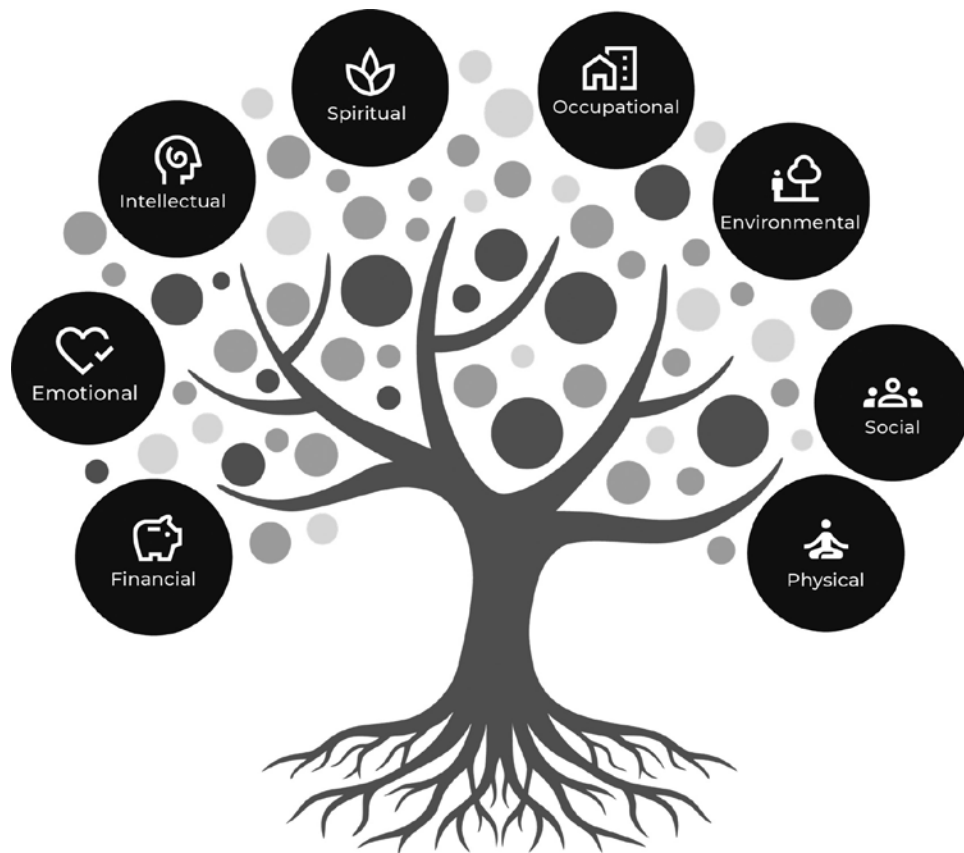
Return to these pages as often as needed. What matters is not completing the workbook, but engaging with it.

The Tree of Wellness

The Tree of Wellness depicts eight interconnected facets of well-being that shape our lives.

Like branches on a tree, each facet subtly influences how we grow and flourish in the others.

This workbook invites you to reflect on each facet with curiosity and honesty so that every facet can grow, connect, and express itself.



FACET ONE:

*Emotional
Wellness*

Reflection

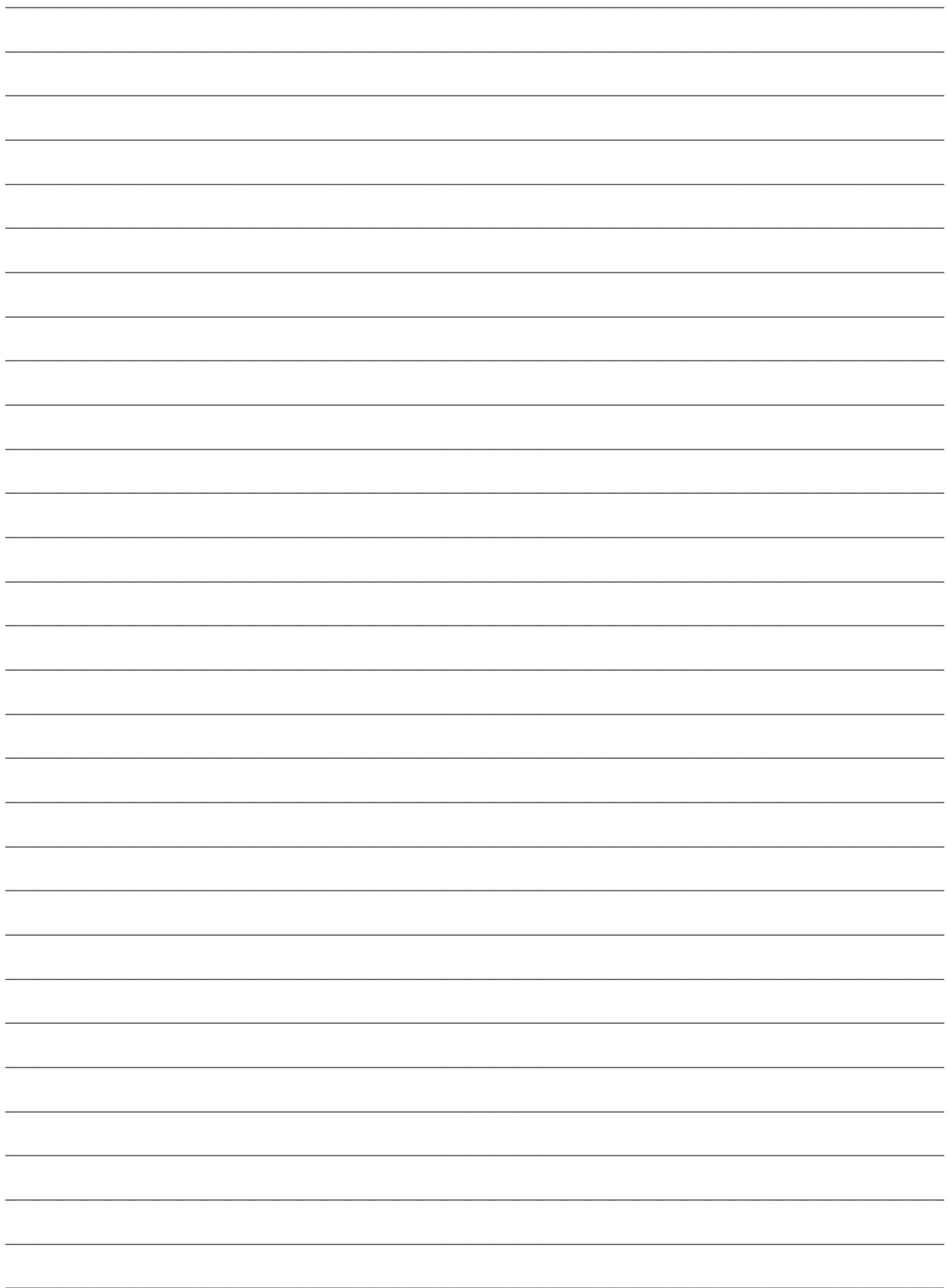
Emotional wellness asks us to be honest about what we feel and courageous enough to respond rather than react. Avoided emotions do not disappear—they resurface through our choices.

FACET TWO:

*Environmental
Wellness*

Reflection

Our environments influence our clarity, energy, and sense of safety. Disorder outside often mirrors overwhelm within.

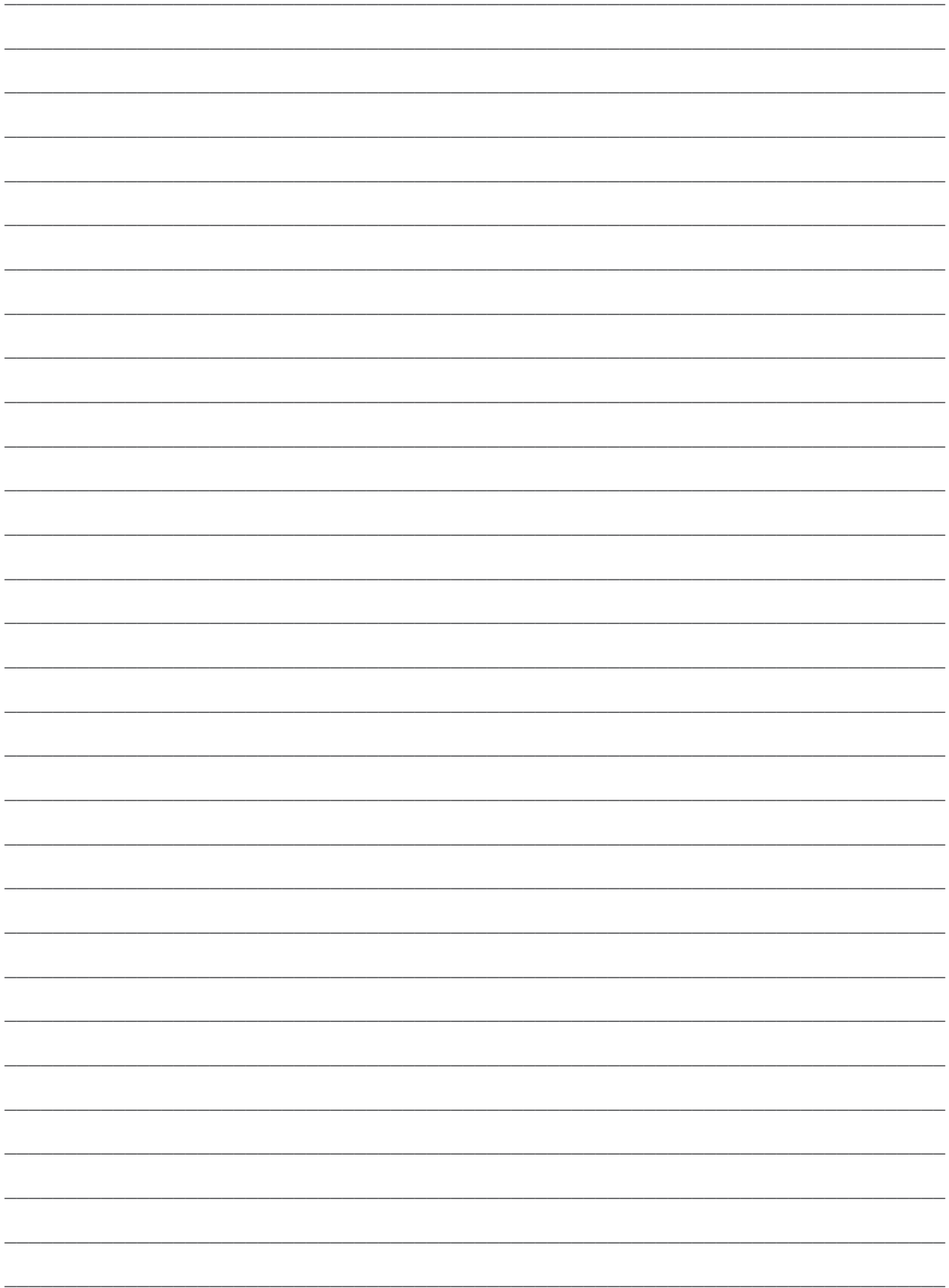


FACET THREE:

Financial Wellness

Reflection

Financial wellness is not about wealth—it is about dignity, agency, and peace of mind. Our money choices often reveal our fears and values.

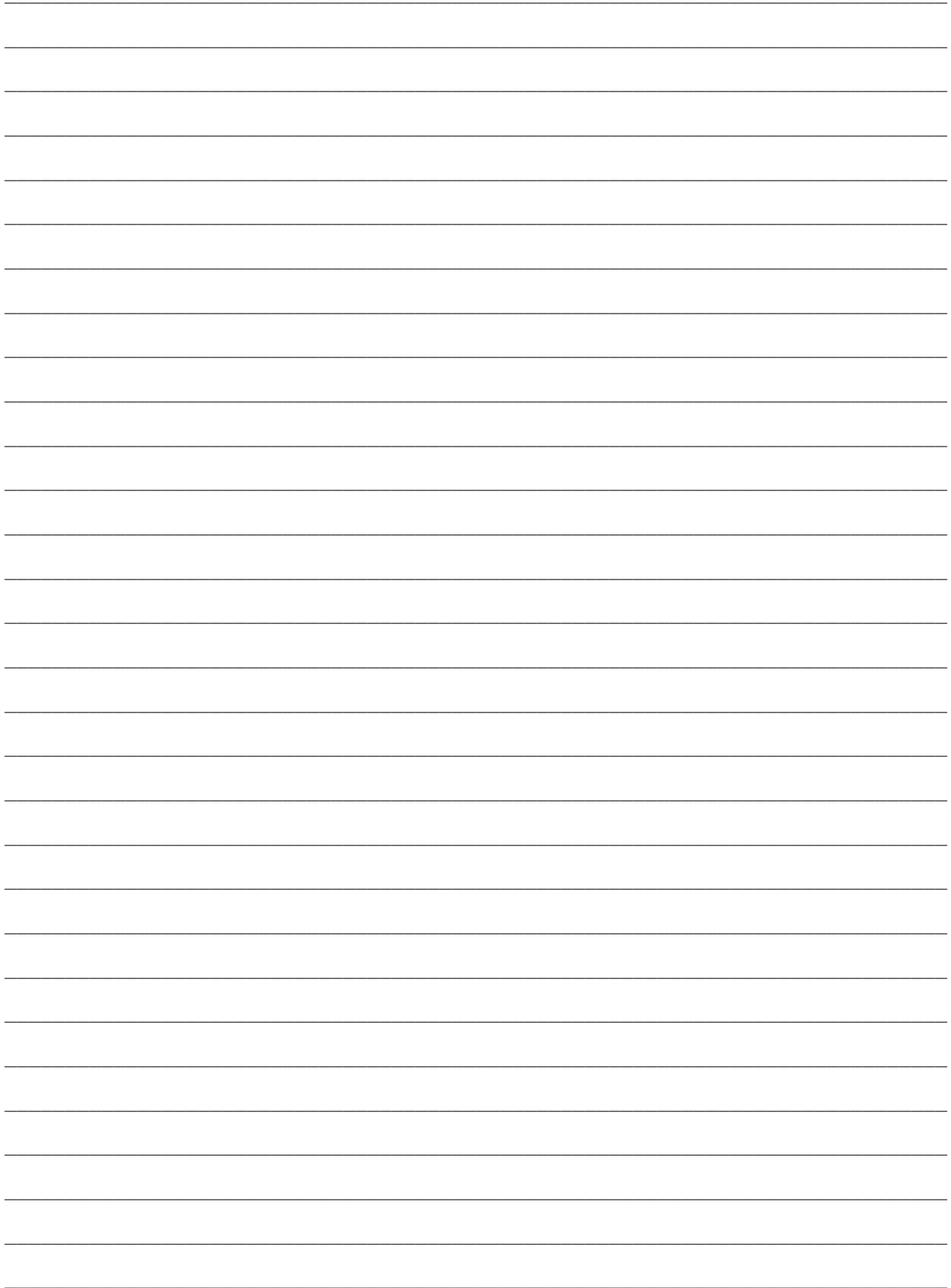


FACET FOUR:

*Intellectual
Wellness*

Reflection

Intellectual wellness keeps us curious and open. Growth stalls when we stop questioning what we think we already know.

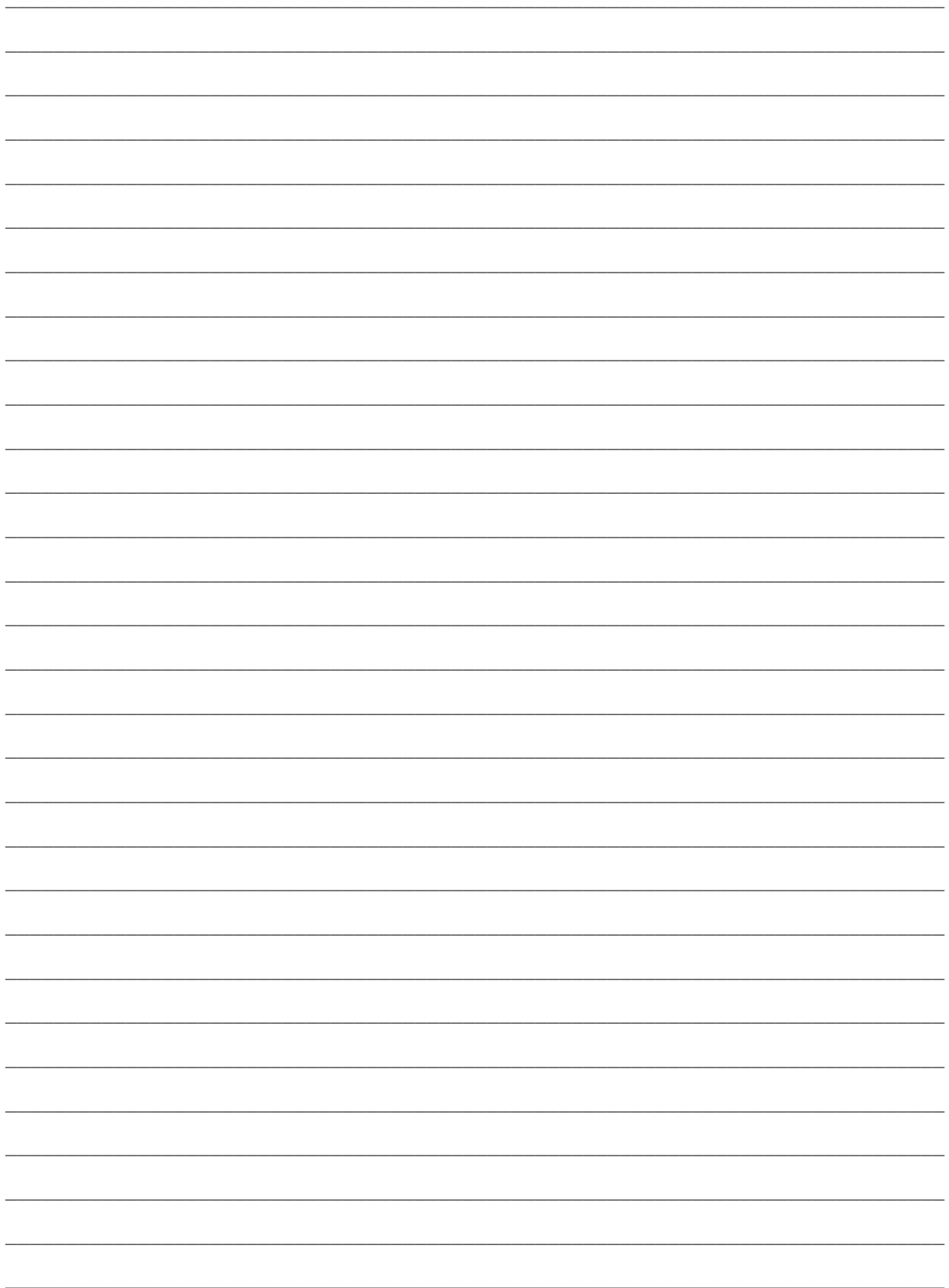


FACET FIVE:

*Occupational
Wellness*

Reflection

Occupational wellness is about meaning, not titles. It asks whether how we spend our time aligns with who we are becoming.



FACET SIX:

Physical Wellness

Reflection

The body remembers what the mind forgets. Physical wellness requires attention, not perfection.



FACET SEVEN:

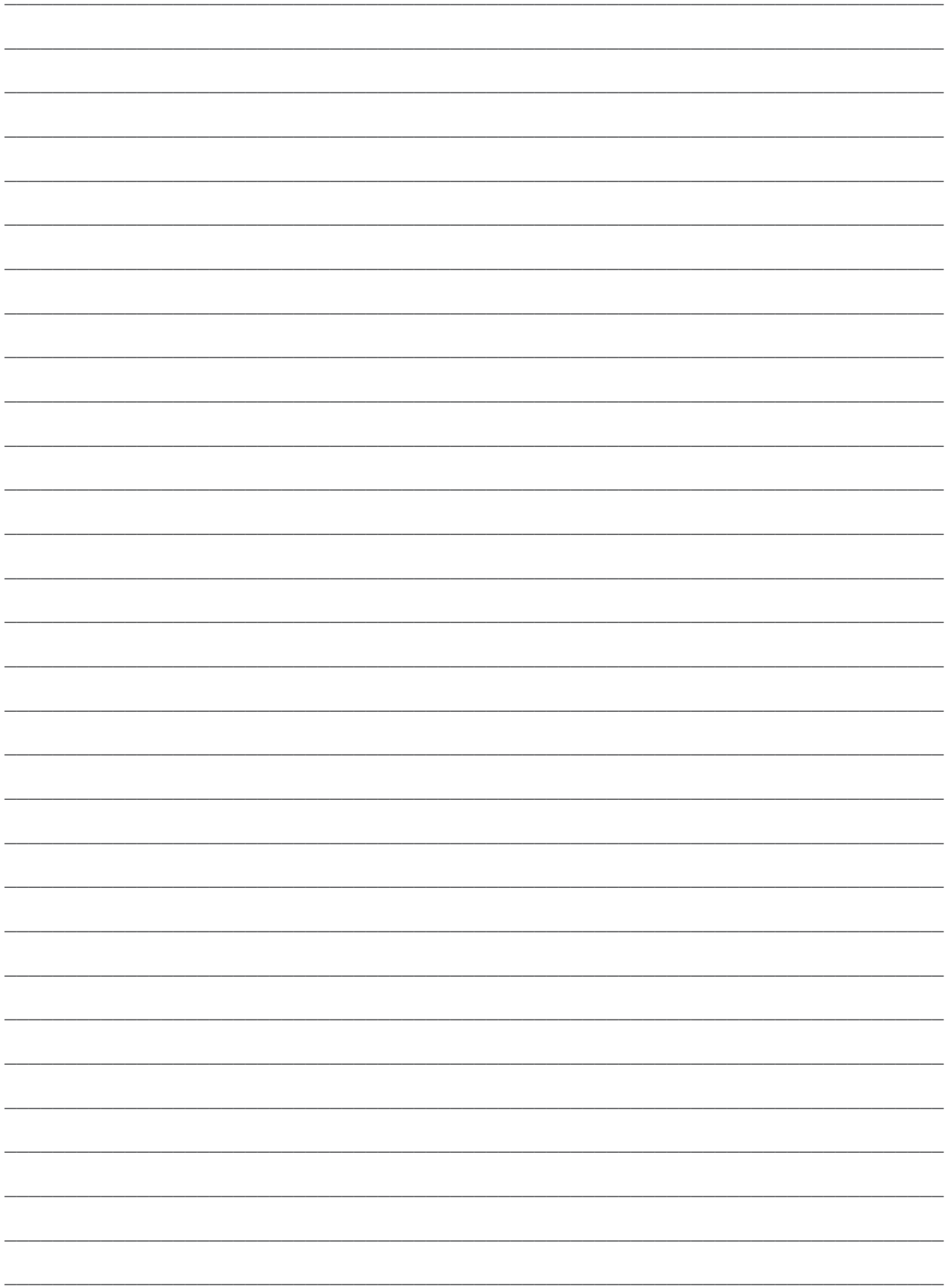
Social Wellness

Reflection

Connection shapes our sense of belonging. The quality of our relationships often mirrors the quality of our boundaries.

One boundary I need to reinforce is:

Lined writing area consisting of 20 horizontal lines.



FACET EIGHT:

Spiritual Wellness

Reflection

Spiritual wellness grounds us in meaning beyond circumstance. It is the anchor that holds when everything else shifts.



INTEGRATION:

Living Chiseled by Choices

Closing Reflection

- ◆ Growth requires discernment.
- ◆ Discernment requires honesty.
- ◆ Honesty requires courage.

Use the insights gained from these pages to make choices that reflect who you are becoming—not who you have been.

