

# Essential Well-Being Tips

To Relax, Recharge, Reset, and Build Resilience

*"Live with Purpose. Lead with Heart."*

What is your "One Thing"? What do you do to set yourself up for a good day?

- 1 Connect With Others**  
Strive to connect with family, friends, and others daily.
- 2 Ditch "Type E" Personality**  
Stop being "Everything for Everyone." Make self-care a priority.
- 3 Practice Gratitude**  
Focus on what you have rather than what you don't have.
- 4 Say "No" When Needed**  
You're no good to anyone if you are exhausted and over-stretched.
- 5 Move Your Body**  
Stretch, strengthen, and get your heart pumping. You'll feel better.
- 6 Prioritize Sleep**  
You know how much rest you need; aim to get it consistently.
- 7 Choose Food Wisely**  
Food is your body's fuel and medicine, so choose wisely.
- 8 Laugh More**  
One of the best ways to reduce tension and create positive connections.
- 9 Take Quiet Time**  
Learn to be still. Let things settle. Use the "Take 5 Habit" daily.
- 10 Be Good to Others**  
Practice "Genshai." Never act in a way that makes others feel small.
- 11 Listen to Your Intuition**  
It has very good advice for you.
- 12 Be Kind to Yourself**  
Change how you talk to yourself and give yourself grace.

## 13 Your Choice!

What well-being tip would you add to this list?

## Your Well-Being Action Plan

**Start Here:** Circle or highlight three tips from the list above that you'll commit to practicing consistently.

**Your "One Thing":** What will you do daily to set yourself up for a good day?

## Ready to Transform Your Well-Being?

Download more wellness resources, book a keynote, or explore coaching at [drtimcrowley.com](https://drtimcrowley.com)

888-727-4573 [tim@drtimcrowley.com](mailto:tim@drtimcrowley.com) [drtimcrowley.com](https://drtimcrowley.com)

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