

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?

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