

# TRANSFORMATIONS



**The Wellness Inventory** is a holistic assessment and life-balance program designed to help you gain personal insight into your state of physical, emotional, and spiritual wellness. The program offers guidance and tools to transform this new awareness into sustainable lifestyle change, and a renewed sense of health and well-being.

**Step 1 - Assessment:** Complete a lifestyle assessment focusing on all aspects of yourself in 12 key dimensions of wellness.

**Step 2 - Scores:** Receive your personal Wellness and Satisfaction Scores for each of the 12 dimensions of wellness, as well as your overall scores. Discover your strengths as well as the areas of your life that you are most motivated to change.

**Step 3 - Personal Wellness Action Plan:** Create 3-5 simple wellness action steps in the areas you are most motivated to change. Your Personal Wellness Action Plan is based on a philosophy of taking small steps for continuous improvement.

**Step 4 - Tools to Support Your Wellness Action Plan:** Utilize a suite of tools, including email reminders, My Wellness Journal, the Self-Study Center, and the 12 Wellness Resource Centers, to help you successfully implement your wellness action steps.

**Step 5 - Resources for Ongoing Wellness:** Update your Personal Wellness Action Plan to reflect your successes and your current areas of lifestyle focus. After six months you are encouraged to retake the assessment to monitor your progress by a graphic comparison of the two results (no charge for the second inventory).

Cost: \$40

For further information or personal coaching contact: [info@inwellnesstoday.com](mailto:info@inwellnesstoday.com)