

# WOMEN'S WELLNESS WORKSHOP ROAD MAP



## AREAS TO NURTURE



1. Fulfilling career



2. Satisfying relationships



3. Consistent spiritual practice



**4.** Nutrient-dense food



**5.** Enjoyable exercise



**6.** Work-life balance



**7.** Relaxation



**8.** Sleep



**9.** Play



**10.** Authentic self-expression



**11.** Boundaries



**12.** Self-care



**13.** Intuition