

WELLNESS INVENTORY

The Wellness Solution



Whole Person Assessment Program

- Discover your “wellness profile” in 12 key areas of life
- Identify the areas you are motivated to change
- Create your personalized wellness action plan
- Receive coaching support in meeting your goals
- Bring more balance, health & wellbeing into your life

Create More Balance in Your Life

Looking for More Vitality & Balance in Your Life?

Are you seeking higher levels of clarity, vitality, and balance? Are you reaching a point where you are willing to take greater responsibility in shaping your health and wellbeing? The Wellness Inventory may be your personal wellness solution.

The Wellness Inventory is a pioneering wellness and life-enhancement program that assesses your state of personal wellbeing in 12 important areas of your life. The program has offered thousands of people profound insights into their state of physical, mental, emotional, and spiritual wellness. And, it can do the same for you.

Most important, the Wellness Inventory offers practical guidance and proven tools that can help you transform your insights into a renewed sense of health and wellbeing.

Based on the work of wellness pioneer, John W. Travis, MD, MPH, the Wellness Inventory identifies your key strengths, enables you to identify the specific areas you are most motivated to change, and guides you in creating a personal wellness action plan. Regular email reminders, a personal wellness journal, and other wellness tools help you stay on course so you can effectively reach your goals.

BENEFITS OF THE PROGRAM

- Identify the areas of life you are most motivated to change
- Create and follow your personalized wellness action plan
- Learn more efficient ways to make changes in your life
- Enhance your ability to effectively respond to stress
- Learn to better manage your energy
- Create more balance in your life
- Achieve a higher level of vitality, health, and wellbeing
- Enjoy the process of building success



"This pioneering program gives individuals personal insight into 12 dimensions of physical, mental, emotional, and spiritual wellness, and provides tools to transform this new awareness into lasting lifestyle change and a heightened sense of health and wellbeing."

Larry Dossey, MD, Author, *Healing Beyond the Body*
Editor, *Explore: The Journal of Science and Healing*

HOW DO I EXPERIENCE THE WELLNESS INVENTORY?

To personally experience the Wellness Inventory, contact Sadhu Singh Khalsa, MSW, at

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