



## Wellness & Resilience Framework™

Developed by Tonya Hotchkin

30 Days of  
Wellness

# About this Workbook

This workbook is designed to offer experiences rooted in well-being. The workbook uses the RISE: Wellness & Resilience concepts to offer opportunities to enhance your resilience and wellness. Each page has a prompt in addition to a reflection section. Use the reflection section to ask yourself the following questions.

- What did the activity feel like?
- What meaning did the activity give you?
- How did the activity influence your mood or emotions?
- What thoughts did the activity illicit?
- Is the activity something you would be willing to try again?
- Could you build the activity into your daily habits?



# Day 1

Identify something you  
feel grateful for.

Reflection

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# Day 2

Engage in mindful eating  
for a meal.

Reflection

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# Day 3

Go for a walk and notice 5  
surroundings.

Reflection

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# Day 4

Focus on 3 positive  
things today.

Reflection

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# Day 5

Connect with a friend in  
a meaningful way.

Reflection

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# Day 6

Drink 8 glasses of water.

Reflection

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# Day 7

Do something creative.

Reflection

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# Day 8

Spend time in nature.

Reflection

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# Day 9

Be intentional about getting  
quality sleep.

Reflection

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# Day 10

Find opportunities to  
laugh.

Reflection

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# Day 11

Spend time with a furry  
friend.

Reflection

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# Day 12

Be intentional about staying  
in the present moment.

Reflection

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# Day 13

Send a note to someone  
to show your  
appreciation.

Reflection

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# Day 14

Sit in sunshine for 30  
minutes (wear sunscreen).

Reflection

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# Day 15

Try something outside of  
your comfort zone.

Reflection

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# Day 16

Identify 5 things you  
love about your family.

Reflection

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# Day 17

Eat a fruit or vegetable.

Reflection

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# Day 18

Spend less time on screens.

Reflection

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# Day 19

Recall a positive memory  
and reflect on the  
experience.

Reflection

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# Day 20

Cook something new.

Reflection

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# Day 21

Schedule a getaway.

Reflection

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# Day 22

Do a random act of  
kindness.

Reflection

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# Day 23

Stretch for 15 minutes.

Reflection

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# Day 24

Give a meaningful  
compliment to someone in  
your life.

Reflection

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# Day 25

Set a goal you want to  
achieve.

Reflection

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# Day 26

Write an affirmation to  
yourself.

Reflection

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# Day 27

Learn something new.

Reflection

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# Day 28

Do a coloring activity.

Reflection

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# Day 29

Take a nice slow breathe  
5 times.

Reflection

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# Day 30

Make a list of what helps  
you relax.

Reflection

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**"When you RISE up above  
the storm, you will find  
Sunshine"**

**-Anonymous**