

# Physical Well-being

Finding Purpose · Module 6 of 15

## Key Ideas

- Physical Well-being & Purpose
- 1. Holistic Impact
- 2. Fitness Routine
- 3. Diverse Activities
- 4. Nutritional Wisdom
- 5. Nature Connection
- 6. Sleep Hygiene
- 7. Mind-Body Connection
- 8. Social Connection
- 9. Overcoming Barriers
- 10. Integration & Purpose
- Conclusion

## Worksheet — Physical Well-being Worksheet

- Fitness
- Routine
- Nutrition
- Nature
- Mind-Body
- Sleep
- Reflection

## Mind Map — Physical Wellbeing Mind Map

**KEY IDEAS****Physical Well-being & Purpose**

## Body as a Temple

Cultivating bodily health through fitness, nutrition, and outdoor engagement is a catalyst for long-term sobriety and constructing a meaningful life.

**1. Holistic Impact**

## Healing the Vessel

Physical wellness repairs the body, enhances mood through neurochemicals, builds self-discipline, and provides natural highs to replace substance-induced experiences.

**2. Fitness Routine**

## Strength &amp; Stamina

Regular activity improves cardiovascular health, offers goal-setting opportunities, boosts self-esteem through achievement, and provides structure to your day.

**3. Diverse Activities**

## Finding Your Move

Explore running for endurance, yoga for balance, team sports for connection, or martial arts for focus. Personalized engagement keeps exercise enjoyable and sustainable.

**4. Nutritional Wisdom**

## Fueling Recovery

Proper nutrition stabilizes mood and energy, repairs deficiencies, enhances cognitive function, and offers a sense of control and self-care through mindful eating.

**5. Nature Connection**

## Outdoor Healing

Engaging with the natural world reduces stress, provides fresh air and vitamin D, and offers profound opportunities for mindfulness and spiritual grounding.

**6. Sleep Hygiene**

## Restorative Rest

Prioritizing quality sleep aids cognitive function, emotional regulation, and physical repair, reducing the risk of relapse triggered by fatigue.

## 7. Mind-Body Connection

### Somatic Awareness

Practices like body scans, progressive relaxation, and breathwork foster self-awareness and help process trauma stored in the body.

## 8. Social Connection

### Active Community

Physical health can be a gateway to community—join running clubs, sports teams, or hiking groups to build a supportive network based on healthy activities.

## 9. Overcoming Barriers

### Persistence

Address challenges like gym anxiety, physical limitations, or time constraints. Start small and focus on consistency over intensity.

## 10. Integration & Purpose

### Living Vitality

Set SMART wellness goals and use health markers as recovery milestones. Sustained physical well-being enhances longevity and opens doors to new passions.

## Conclusion

### Vibrant Recovery

By prioritizing physical well-being, you unlock potential for vitality and resilience, discovering profound purpose through the cultivation of a healthy mind and body.

## WORKSHEET

# Physical Well-being Worksheet

## Building a Healthy Foundation

## FITNESS

### Fitness Goals

Current activity level (1-10):

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3 activities to try:

Activity 1

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Activity 2

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Activity 3

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### SMART Goal (Next Month)

Specific

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Measurable

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Achievable

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Relevant

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Time-bound

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## ROUTINE

### Weekly Schedule

Monday

Activity...

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Tuesday

Activity...

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Wednesday

Activity...

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Thursday

Activity...

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Friday

Activity...

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Saturday

Activity...

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Sunday

Activity...

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Obstacles & Strategies:

Obstacle

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Strategy

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Obstacle

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Strategy

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## NUTRITION

### Nutrition & Healthy Living

Nutrition knowledge (1-10):

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3 areas to learn more about:

Area 1

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Area 2

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Area 3

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Weekly nutrition goal:

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### **Plan a Healthy Meal**

Protein

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Carbs

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Veggies

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Healthy Fats

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### **NATURE**

### **Connecting with Nature**

3 outdoor activities to try:

Outdoor Activity 1

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Outdoor Activity 2

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Outdoor Activity 3

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## Plan an Outdoor Activity

Activity

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Location

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Date/Time

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### MIND-BODY

## Mind-Body Connection

3 mindfulness practices for activity:

Practice 1

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Practice 2

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Practice 3

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Effect on mood/mental state:

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### SLEEP

## Sleep & Recovery

Avg Hours

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Quality (1-10)

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2 ways to improve sleep routine:

Improvement 1

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Improvement 2

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#### REFLECTION

### Reflection

Tracking method:

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Support for recovery:

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Sense of purpose:

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Visualization (3 months):

## MIND MAP

# Physical Wellbeing Mind Map

Mapping Your Health Journey

## Vitality

Body & Spirit

## Fitness

What moves me?

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## Nutrition

Fueling my body?

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## Nature

Outdoor connection?

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## Sleep

Rest & recovery?

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## Mind-Body

Somatic awareness?

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## Social

Active community?

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## Barriers

What stops me?

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## Purpose

Long-term vision?