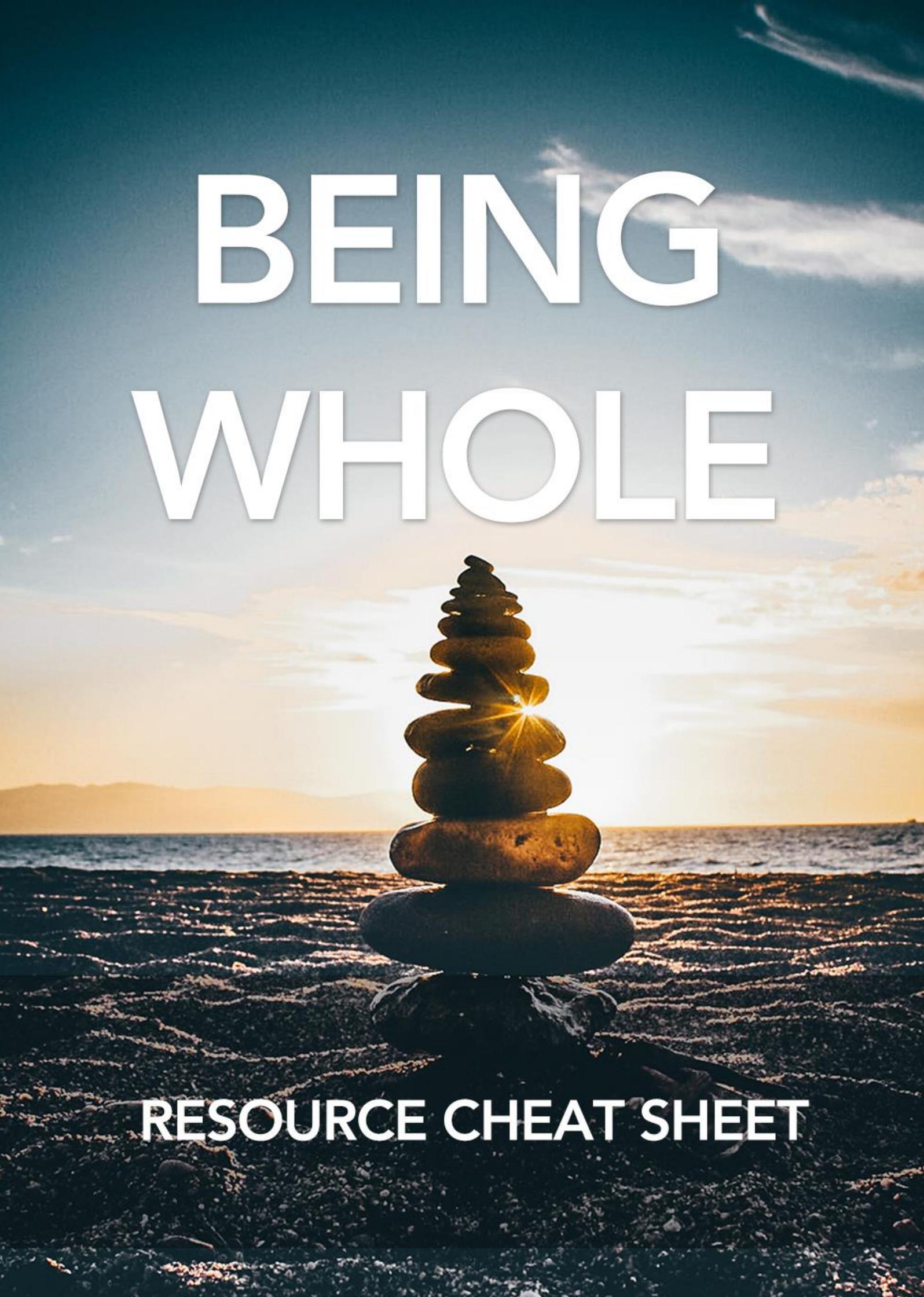


BEING WHOLE



RESOURCE CHEAT SHEET

Resources to help you set goals

If you want to set goals nondigitally, you can consider journaling or creating a vision board.

Start by picking out a unique journal and make it unique:

[One Line a Day: Five Year Memory Book](#)

This is one of the top journal selected for beginners. You can also use it as a journal for self care or to make routines. It takes you through a series of prompts. You only need to write one sentence da, so it's not time consuming and it's an easy way to get into the practice of journaling.

[Start Where You Are](#)

If you like interactive journals, this is a great choice. The journal also has inspiration quotes and reminders on how to get through the day.

[No Worries Guided Journal](#)

If you need help overcoming anxiety or worry, this journal has special templates where you can write what's on your mind. You can also plan goals on how to overcome the worry and start the healing process of moving on.

[5 Minute Daily Gratitude Journal](#)

Many people find that it's easier to set goals when they have a way to write down what they are thankful for. This journal only has you write for 5 minutes a day and you can begin to make goals based on what you are thankful for.

[Let it Out By Katie Dalebout](#)

This book leads you through journaling exercises. It has tools to help you realize your life purpose and offers tips and guidance when it comes to healing and becoming whole again. She also has exercises to help you make the life you have always wanted.

[Big Magic by Elizabeth Gilbert](#)

This book is perfect for those who want to realize their potential to being whole and how to achieve it. The writing is beautiful and even has some amazing quotes that you can add to your journal or vision board.

[Year of Cozy Adrianna Adarme](#)

This book is all about creating goals to make your life simpler and thoughtful. It's also organized by months so you can follow the month and make goals and routines and then reevaluate them at the end of the month. It also has projects and recipes for making your life more whole.

Resources for Spirituality

If you are looking to grow yourself spiritually, you might need some books or extra resources to help you on your journey. Here are some choices:

[Kindfulness](#)

This book is all about being mindful and meditating. The book is very beautifully written and promotes ways for you to express yourself better. The book is also small and short, so you can read it in just a few days.

[Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit](#)

This book is meant to help you promote self awareness and spiritual health. It can also help you find the positive in all the parts of your life including your career, relationships, and community.

[The Book of Joy: Lasting Happiness in a Changing World](#)

This book is by the Dalai Lama and Desmond Tutu. It goes through all the hardships you might find in like including illness, grief, stress, fear, and anger.

Resources For Mental Health

Part of being whole also means focusing on your mental health. Here are the best resources for help:

[The Body Keeps the Score](#)

This book explores how trauma can change our mental pathways and the way we think about things.

[Change Your Brain, Change Your Life](#)

This book shares techniques on how to lessen anxiety and fight depression. It also shows how you can change your life by the way you think.

Resources for Physical Health

Here are some of the best books and resources for help with your physical health.

[Why We Sleep](#)

This book covers why sleep is important and how you can create new routines for better sleeping.

[Starting Strength](#)

This book covers how to start exercising with weights and how you can use exercise to become a better version of yourself.