

6Ws of Wellness

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What are the **6Ws of Wellness**? The 6W framework (who, what, why, where, when, and how) was initially used by journalists. However, the process eventually dripped into the corporate environment, used to hire employees or when designing a project or process. Using the ***6Ws of Wellness*** will assist you in finding harmony in your health, wellness, and wellbeing.

Grab a coffee, sit back, and let's take a peek at your health, wellness, and wellbeing using this framework.

We have been setting goals since time began. We just didn't call it that, and we certainly didn't dissect them using the 6Ws. We just take off running when we should sit, crawl, and walk first. Most goals fall through the cracks due to insufficient clarity and planning.

Who: Likely, others are involved in setting or accomplishing your goals. Who will support you other than YOU as you work toward getting healthier, wealthier, and wiser? Be specific...who...family, friends, co-workers, organizations, and other experts such as physicians, trainers, nutritionists, counselors, etc. Who might watch the kids when you train for that half marathon at the gym? Who will help you prepare meals for the family if you have different eating plans? **WHO?** The onus ultimately rests with you. No more blaming a nutritionist, trainer, or doctor. No more pointing fingers. You can do it but don't have to do it alone. Take responsibility for building your own tribe.

What: When establishing goals, most of us know the "what." The end game. "I want to lose 20 pounds...paint the house...get a new job." Goals give us direction and purpose, but being clear and concise with your **what** is a game-changer. Is your goal to improve your last lab results, spend time on self-awareness or creativity, repair a relationship with your father, or decrease your blood pressure, blood sugar, or cholesterol? **WHAT** is your focus? Oh, and don't go too big. Baby steps matter.

Why: How many times have you needed a do-over? How many years in a row has your New Year's Resolution been the exact same? I had a client once who joked (funny, not funny), "I have lost the same 50 pounds 20 times, so I have lost and gained 1000 pounds."

According to Inc.com, over 40% of Americans set a New Year's Resolution, and 91% give up. Resolutions, on average, fall apart within four-six weeks.

Being healthy and happy transcends beyond how long you sleep, how many veggies you eat, and your Nautilus program at the gym. But first, you must peel back the onion!

Where: They say wherever you go, you are. Focusing on your health and wellness goes everywhere with you: home, work, restaurants, stores, gym, doctor's, etc. This is why you need to be on your toes. There are opportunities around every corner to make healthy or unhealthy choices as you focus on your goals. So how can you be prepared **wherever** you go?

When: We need to pivot when necessary. Design a health plan any time there is a shift in your life. For example, if I want to run a marathon and train six days a week, the tool will reveal areas where I need support, such as home and work organization, meals for the family, etc. If I have issues, such as an auto-immune disorder or break my ankle, how can I use the tool? When will you start a goal? Set it. Stick to it.

How: The **how** is the most ambiguous and frustrating, but if you keep experimenting, gathering data, and assessing your outcomes, you will keep moving forward. Utilizing medical reports and lab results might help you determine why and how. Meeting with health and wellness experts can help you create a physical, mental, emotional, spiritual, and financial plan to map out your **how**. How will you get there? Tracking can be motivational. Data can encourage you to keep pushing forward. Many people use vision boards to keep them focused. Others track their progress on Excel worksheets, smartwatches, nutrition and meditation apps, body measurements, and more can help you stay on track.

There is no magic pill, however...

Your willingness to dig deep and discover where you are and where you want to go is up to you. You may be missing just a few tools. The *6Ws of Wellness* just might be one of them. Work through your goals and see what you come up with.

Whenever you feel you are falling off track, you are likely missing a 6W. Don't you love it when you have control and things seem to "happen" on their own?

Improving your life takes time and effort. But, as long as you remain focused, diligent, and consistently take action, you will see improvements. You could even see improvements as soon as today.

It is time to take responsibility for our role in our own wellness and the world—today makes a difference in where we are headed in the future. We have learned from our past. Haven't we? If so, why do we keep repeating the same mistakes? Most of us have a long history with Western medicine, physicians, their staff, insurance companies, and policies and procedures. Collectively, we believe the world is taking steps in a positive direction by improving and expanding the current version of itself through internal and external expansion, prayer, meditation, and other self-discovery modalities.

We all have successes or failures in our past. Let's own it. Use it. You go, you!