START HERE

What's one thing you did last month/ year that you're proud of?

THE BEST YEAR/ MONTH OF MY LIFE- promises, thoughts, plans and wishes.

FINISH HERE

The year/ month is over. What are you most proud of now?

ASPECTS TO CONSIDER:

What would make me happier? How am I going to hold myself accountable? What is a concrete habit that would bring about change? What works for me? Am I starting small enough? Or big enough?

HEALTH & WELL-BEING

SPIRITUAL
(meditating, thinking practices etc.)
MENTAL
(thoughts, memories, awareness etc.)
PHYSICAL
(body, training, eating etc.)
EMOTIONAL
(feelings, conscious etc.)

RELATION-SHIP

MYSELF
(desires, connection etc.)
LOVE
(partner, marriage, being single etc.)
FAMILY
(kids, parents, relatives, celebrations etc)
FRIENDS
(connection, events etc.)
COMMUNITY
(volunteering etc.)
CHARITY
(money, help, volunteering etc.)

VOCATION

GOALS
(what do I want to achieve? etc.)
DEVELOPMENTS
(what helps me grow etc.)
COMMUNITY
(people who help me to grow, who I help to grow etc.)

GROWTH

CREATIVITY
(painting, music, writing etc.
INTELLECTUAL
(reading, learning etc.)
SKILLS
(what makes me unique? How I develop it? etc.)
LIMITING BELIEFS
(what holds me back?)

ABUNDANCE

INCOME
(regular income etc.)
SIDE PROJECTS
(extra money etc.)
SAVINGS
(peace of mind)
INVESTMENT
(long-term fundraising)

EXPERIENCES

ADVENTURES
(travelling, discovering, adventures, excitement etc.)
UNSTRUCTURED TIME
(spontaneous, planned time with no plans etc.)
PLAY
(fun, laught etc.)

HAVE FUN BUT ALSO- TAKE IT SERIOUSLY!

ENVIRONMENT

NATURE
(gardening etc.)
HOME
(furniture, repair etc.)

DAILY PRACTICAL

CLEANNESS
(tiding, laundry etc.)
SHOPPING
(groceries, clothes etc.)

FIRST- take a look at the whole visual. For each thing, write only 1-2 things that you want to change, strengthen or pay attention to. Fill it in any order. Print out and put somewhere you can see it every day. ACT ON IT!

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