

DATE: _____

Begin by asking yourself these questions and then fill in the answers below. Then, schedule any key actions into your calendar & Weekly Planner to ensure you bring to completion.

PHYSICAL HEALTH - What have I done, or will I do, to improve or maintain my health?

PAST -

PRESENT -

FUTURE -

MENTAL HEALTH - What have I done, or will I do, to boost my confidence?

PAST -

PRESENT -

FUTURE -

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PERSONAL MONEY - What have I done, or will I do, to make or save money?

PAST -

PRESENT -

FUTURE -

BUSINESS MONEY - What have I done, or will I do, to improve my business?

PAST -

PRESENT -

FUTURE -

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RELATIONSHIPS - Who and what do I value? Does anything need to change?

PAST -

PRESENT -

FUTURE -

SENSE OF PURPOSE - Who did I, or will I help to have a better day?

PAST -

PRESENT -

FUTURE -

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HAVING FUN - What have I enjoyed and what am I looking forward to?

PAST -

PRESENT -

FUTURE -