

Plan to make 2022 your best year yet!

Step 1

List all the areas of your life:

Step 2

Pick one of those areas and answer these questions:

Question 1: On a scale of 1- 10, (1 = 'not at all' and 10 = 'extremely') how happy am I with this area of my life?

Question 2: What are my initial feelings when I think about this area of my life?

Question 3: What would I like to be feeling about this area?

Step 3

Question 1: What is ONE thing YOU can do TODAY to move up that scale?

Question 2: What is ONE new habit you can implement in your life to move up the scale?

Question 3: How will you feel in 6-12 months time, after you have implemented that new habit?

Repeat Step 2 & 3 with each area of your life.

