

Plan on a page

"If you don't know where you're going, any road will take you there"

Lewis Carroll

My long term goal

Why is this important to me?

Positive results I'll receive

Steps I will take to reach my goal

Challenges I might face

Support I will need

What I will do to make sure success is inevitable



Mindset matters

Negative Self-Talk

Positive Affirmations

My daily
health checklist

NUTRITION

Blank area for notes under NUTRITION.

EXERCISE

Blank area for notes under EXERCISE.

SLEEP

Blank area for notes under SLEEP.

STRESS MANAGEMENT

Blank area for notes under STRESS MANAGEMENT.

SELF-CARE

Blank area for notes under SELF-CARE.

MINDSET

Blank area for notes under MINDSET.