

Goal Setting

What do you do for:

Enjoyment: _____

Relaxation: _____

Work: _____

For Others: _____

For Yourself: _____

Most important, what do you do that makes you smile?

Think about these things. What comes to mind?

See these notes, in the current moment. Visualize them in the future moment. 3 months from now. 6 months from now.

Draft a goal, or a few: _____

Mindset & Mantras

Take your notes from the Goal Setting Box. Visualize. See. Believe. Either write or draw how your heart & soul feels when you think about these things.

Essentially, what you do for enjoyment, relaxation, for yourself should make up a large portion of your day. And, how you live your days, is how you spend your life. So, with these elements that make your days, what is one thought or sentence that comes to mind in an optimistic way. Write it out in mantra formation. _____

Gratitude

3 things that make you smile:

3 things you enjoy:

3 things you like about yourself/body:

3 things good about today:

That gives you a dozen things to be grateful for. Can you recreate a similar list each day? Can you at least list 3 good things each day, every day as your attitude of gratitude?

Personal Affirmations

Sometimes, an affirmation can just start with two tiny words. And two tiny words can become the biggest, most important part of how you believe in yourself.

I am.....

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