

VISION *Board*

CULTIVATING GRATITUDE IS A POWERFUL PRACTICE THAT CAN POSITIVELY IMPACT YOUR MINDSET AND OVERALL WELL-BEING. ENJOY THIS RITUAL, AND WATCH HOW IT CONTRIBUTES TO FULFILLED LIFE.

(Day):

(Month):

(Year):

HEALTH

TRAVEL

CAREER

FINANCES

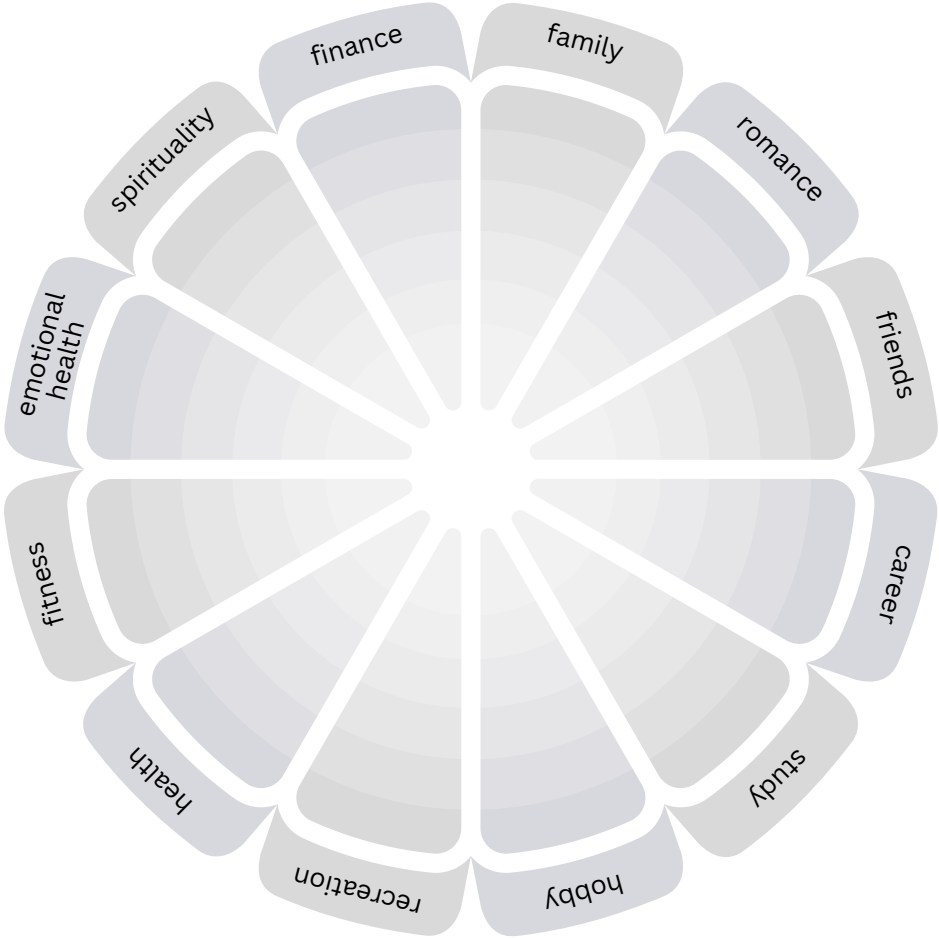
RELATIONSHIPS

SPIRITUALITY

WHEEL OF *life*

RATE YOUR CURRENT SATISFACTION IN EACH AREA OF YOUR LIFE ON A SCALE OF 1-10, WITH 10 BEING THE HIGHEST. SHADE IN THE SATISFACTION POINTS IN EACH "SLICE" OF THE GRAPHIC.

(Day): _____ (Month): _____ (Year): _____



Assess how satisfied you are with your life in each area.

GRATITUDE *Planner*

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(Day):	(Month):	(Year):
Affirmation	Inspiration	
Mood	I'm grateful for	

(How I feel) ESTABLISH A CONNECTION WITH YOUR THREE WORLDS (MENTAL / PHYSICAL / SPIRITUAL).
SET AN INTENTION FOR EACH AND SHARE HOW YOU FEEL

MENTAL	PHYSICAL	SPIRITUAL
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SELF-REFLECTION

questions

(Day):

(Month):

(Year):

What is your first memory?

What are you most proud of?

What is something I have overcome?

What was the best present you've ever received?

What's your favorite memory?

Are you happy?

What challenges are you currently facing?

Do you feel content with life?

What's your first thought when you wake up?

What's your last thought before you go to sleep?

Do you enjoy your life?

SELF *reflections*

(Day): _____ (Month): _____ (Year): _____

INTENTIONS

AFFIRMATION

NOURISHMENT

SELF-CARE

WHAT MAKES RIGHT NOW GREAT

MOVEMENT

GOALS

OUTCOME I WANT TO ACHIEVE

NOTES

WHY IT IS IMPORTANT

ACTION PLAN

POSITIVITY *planner*

(Day):

(Month):

(Year):

I LOVE THAT I AM:

I AM PROUD OF:

I AM INSPIRED BY:

I FEEL CONFIDENT WHEN I:

AFFIRMING MY *values*

(Day):

(Month):

(Year):

I AM:	I AM NOT:
I WILL:	I WILL NOT:
I CAN:	I CANNOT:
I WANT:	I DO NOT WANT:

MY reflections

(Day):

(Month):

(Year):

(Overview)

SUMMARIZE YOUR KEY EVENTS AND ACCOMPLISHMENTS.

(Achievements)

WHAT WERE YOUR MAJOR ACHIEVEMENTS ?

(Gratitude) LIST THREE THINGS YOU'RE GRATEFUL FOR

IDENTIFY KEY PRIORITIES AND YOUR NEXT SET OF GOALS

- _____
- _____
- _____
- _____
- _____

TO START

OK

DELAY

STUCK

CANCEL

REVIEW MY *reflections*

(Day):

(Month):

(Year):

MY TOP 5 ACCOMPLISHMENTS

- _____
- _____
- _____
- _____
- _____

THINGS I HAVE TO LEARN

- _____
- _____
- _____
- _____
- _____

THINGS I HAVE TO CHANGE

- _____
- _____
- _____
- _____
- _____

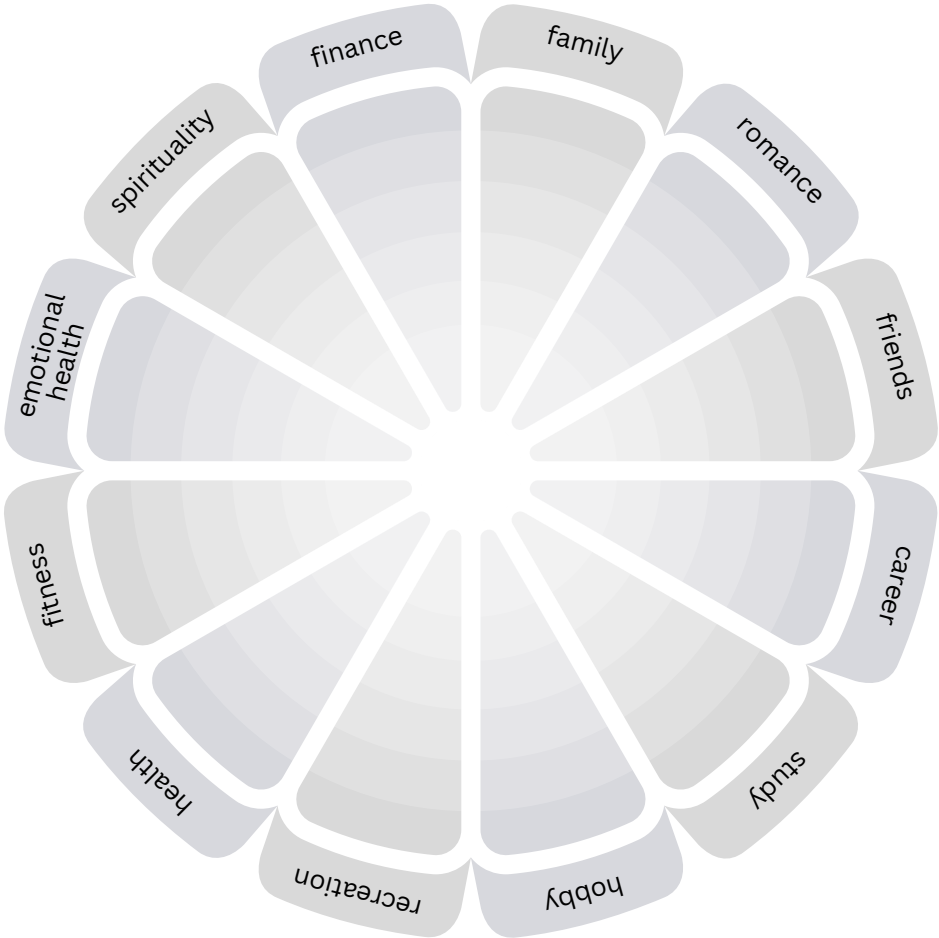
NEXT PRIORITIES

- _____
- _____
- _____
- _____
- _____

WHEEL OF *life*

RATE YOUR CURRENT SATISFACTION IN EACH AREA OF YOUR LIFE ON A SCALE OF 1-10, WITH 10 BEING THE HIGHEST. SHADE IN THE SATISFACTION POINTS IN EACH "SLICE" OF THE GRAPHIC

(Day): _____ (Month): _____ (Year): _____



How has your wheel of life changed from the first time you did this exercise at the beginning of the journal?

