

the ultimate life vision

workbook

This workbook belongs to:

What exactly is a life vision and why does it matter?

A life vision encompasses the hopes, dreams, and plans that you have for your life that are whole, well-rounded, joyful, hopeful, creative, and unapologetically YOU!

A life vision is not meant to be a plan for a "perfect life". Of course not! Nobody has a perfect life and it would be unrealistic to think that we could have **everything** we want! An ultimate life vision is simply a vision for your life that is mindful, aware, and focused, yet still flexible, fluid, and adaptable.

Having a vision for our lives truly does matter because when we fail to envision what it is that we **really** desire for our lives, then life just "happens" to us. We wake up every single day with very little purpose, clarity, and meaning and we slog through life just "getting by" - reacting randomly to whatever happens around us.

When we have a clear vision for our lives, **we can create daily habits and goals that line up with our vision**, thus giving our lives a greater sense of purpose and meaning.

Life is a creative process, and although we can't predict or plan for everything, we CAN play a very important role!

Finding joy in the journey

Creating an ultimate life vision can easily become a recipe for discontentment, hustle, worry, and frustration! It's important for us to cultivate an attitude of peace and joy with our lives as they are RIGHT NOW, while still maintaining a sense of purposeful growth and change. Here are a few things that can help you find joy in the journey:

PRACTICE GRATITUDE

Start every single day with an attitude of gratitude. Pay attention to the little things that bring you joy. You could write in a daily gratitude journal or place gratitude reminders around your house. The important thing is to make sure that your mind continually returns to a state of gratitude, no matter what is happening around you.

PRACTICE PEACE

The world we live in today can be noisy and messy! We are constantly bombarded with messages and opinions that can keep us in a state of nonstop distraction. Take the time to consistently quiet the noise so that you can create a life vision that truly reflects who YOU are and what YOU would like to offer the world. Learn to let go of the FOMO (fear of missing out) and cultivate JOMO (joy of missing out) instead.

PRACTICE PATIENCE

Change and growth doesn't usually happen overnight. Our goals and dreams often require countless hours of dedication and effort. Learn to practice the art of patience and let go of the need for quick results.

LET GO OF PERFECTIONISM

You are going to make mistakes all throughout your life journey! There is no way around it. In fact, much of our growth actually comes from making and learning from mistakes. Be gentle with yourself. Learn from your mistakes, but don't beat yourself up about them! Let go of the need for things to be perfect.

BE FLEXIBLE

Write your plans in pencil! Just because we make plans for our lives, doesn't mean that things will always turn out like we want them to. In fact, you can pretty much count on the fact that things **WON'T** turn out quite like you think they will. Life is full of twists and turns! Always remain flexible and adaptable and be willing to make changes to your life vision as you go along. Learn to **let go of the outcome** and simply choose to enjoy the process.

ACCEPT YOUR CURRENT LIFE SEASON

Creating a ultimate life vision doesn't mean that you should try to fulfill **all** of your dreams and desires all at once. This life journey is long! Accept the season of life you are in right now. This doesn't mean that you shouldn't do the things you love to do just because you have other responsibilities, but it does mean that your priorities might need to shift and change with your seasonal changes. Remember that you can always move in **baby steps** in some areas of your life as you take leaps in other areas.

CELEBRATE YOUR PROGRESS

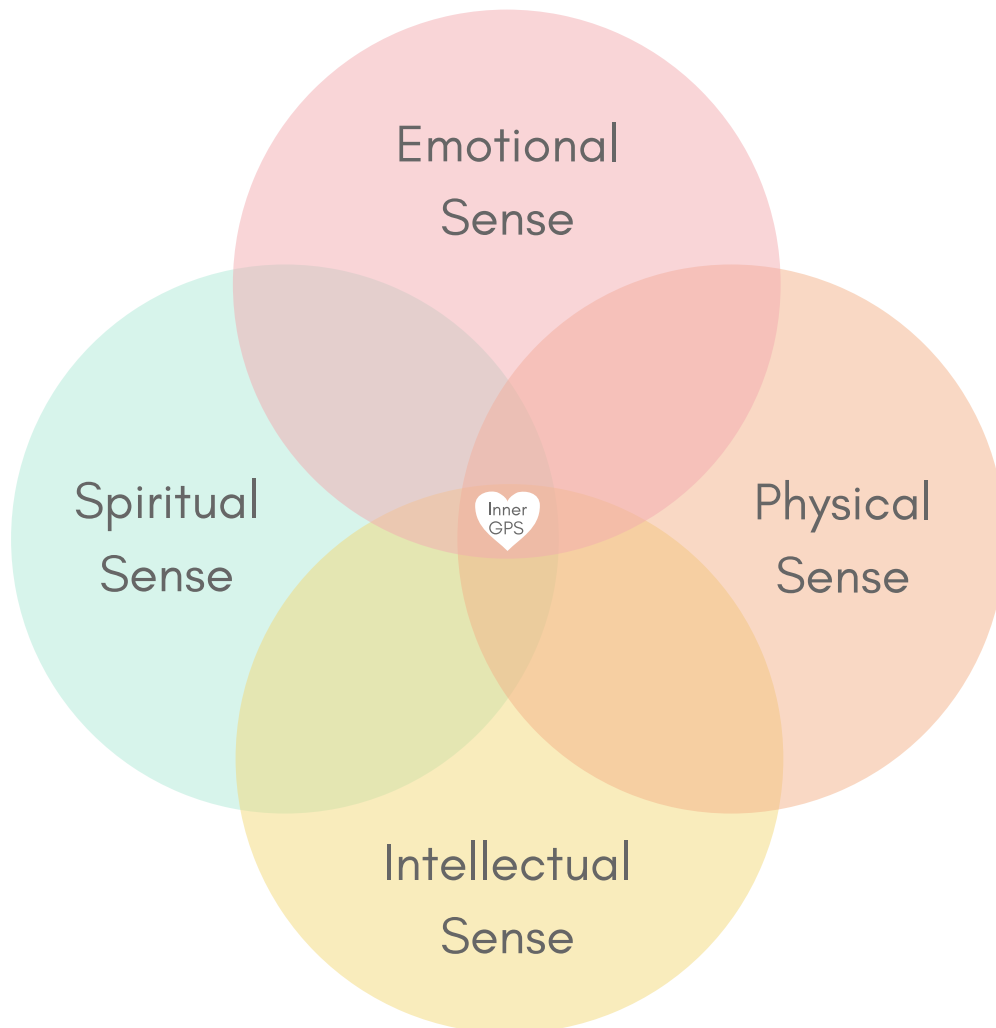
You don't have to wait until you have completed a goal before you reward yourself for a job well done. Take the time to pat yourself on the back all along the way! Choose to gift yourself with little things that light you up and bring you joy.

THINK OF OTHERS

The most meaningful lives are the ones that are dedicated to making the world a better place. Seek to create a life vision that uses your gifts and talents to lift, inspire, help, and motivate others.

Tune in to your Inner gps

As you create your ultimate life vision, you will want to consistently tune in to your Inner GPS. Your Inner GPS is your own internal guidance system that is accessed through your own unique life experiences with the FOUR CORE SENSES that include the EMOTIONAL SENSE (your feelings), PHYSICAL SENSE (your actual, **tangible** experiences), INTELLECTUAL SENSE (your mental processing), and SPIRITUAL SENSE (unseen source of power). Discerning the messages of you Inner GPS is a lifelong journey. Be patient with yourself as you learn to listen and process. Let go for the need to get things "right" all the time and simply allow yourself to learn throughout the journey.



How to use this workbook

This workbook is divided into the following categories:

- THE BIG PICTURE and THE WHEEL OF LIFE
- SPIRITUAL WELL-BEING and SELF CARE
- EMOTIONAL WELL-BEING
- PHYSICAL WELL-BEING
- MENTAL WELL-BEING
- FINANCIAL WELL-BEING
- OCCUPATIONAL WELL-BEING
- SOCIAL WELL-BEING
- ENVIRONMENTAL WELL-BEING
- NOTES AND WORKSHEETS (life vision plan, daily schedule, weekly schedule, etc.)

It is a good idea to fill in THE BIG PICTURE and THE WHEEL OF LIFE pages first, but then allow yourself to skip around and work through the other areas as you choose. Spend some extra time working through the different areas that speak to you the most.

Establish a daily **check-in** practice. It doesn't do you any good to create an ultimate life vision for your life and then simply ignore it once it's finished. In order for your life vision to be effective, you will want to create a consistent habit of checking in with yourself. Choose a time that works for you, but make the commitment to stick with it.

Check-ins don't have to be long! In fact, all you really need is just a few minutes to find focus and clarity for each new day. The Wheel of Life **Quick-Notes** page is perfect for daily check-ins.



START WITH GRATITUDE

Before you create your Ultimate Life Vision, take the time to reflect on the many good and beautiful things you have in your life right now. Strive to maintain an attitude of gratitude throughout your entire life journey.

THINGS I AM THANKFUL FOR RIGHT NOW

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CREATE A PERSONAL MISSION STATEMENT

A personal mission statement is a simple and concise statement that represents who you are, what you believe, and what your purposes are. This statement will give you a greater sense of clarity as you create your life vision. Take the time to reflect on the following aspects of your life before creating your statement. You can use a separate sheet of paper for brainstorming, if needed.

List your current life roles (such as mother, teacher, friend, student, wife, etc.)

List your personal values (such as kindness, creativity, loyalty, honesty, etc.)

List your personality traits (visit 16personalities.com if you'd like to take a test)

List your personal talents and natural abilities

List your general goals and dreams

List the things that light you up and make you feel happy

Now find a way to combine and highlight the things that matter most to you and create your personal mission statement.

MY PERSONAL MISSION STATEMENT

ENVISION A HAPPY AND HOPEFUL FUTURE

Close your eyes and picture what you would like a typical day to look and feel like in 5-10 years down the road. This activity is not meant for you to try and predict your life, but to simply help you stay focused on happy and hopeful **possibilities**.

How are you spending your day?

Where do you live?

Who are you with?

What are you feeling?

What are you thinking?

What do you look like?

After envisioning your life in 5-10 years down the road, try it again for 20, 30, or even 40 years (or more) in the future. Try to keep these happy and hopeful thoughts and feelings in your mind as you create your life vision.

The Wheel of Life

The Wheel of Life represents the different areas of your life that make up your life experiences. The goal is NOT to work to achieve **perfection** in each of these areas, but to be **mindful** of how we can grow, heal, learn, and create more joyful possibilities through them. As we become more aware of the different areas of our lives, we begin to see them as *colors of a painter's palette, rather than rigid, concrete, and perfectionistic.*



Take a few minutes to reflect on how you feel about each of these areas of your life. Notice the different emotions that come up for you as you pass through each area. You will probably notice that some areas bring a feeling of peace and joy, while others bring frustration, dread, or even fear.

The Wheel of Life Gratitude List

While you may not feel completely satisfied with each area of your life, take the time to reflect on the things that you are thankful for in each area RIGHT NOW.

SPIRITUAL WELL-BEING

SELF-CARE

EMOTIONAL WELL-BEING

PHYSICAL WELL-BEING

MENTAL WELL-BEING

FINANCIAL WELL-BEING

OCCUPATIONAL WELL-BEING

SOCIAL WELL-BEING

ENVIRONMENTAL WELL-BEING

The Wheel of Life Personal Evaluation

Circle the number on each scale that represents your level of contentment in each area of your life. Be honest with yourself and take the time to reflect on how you **really** feel. The goal is NOT to achieve a perfect 10 in each area, but to be **mindful** of where you are, how you **feel** right now, and what season of life you are in. This evaluation is meant to be used as a tool for **AWARENESS FOR GROWTH**, not **PERFECTIONISM**! Also try to remember that your level of contentment can even be increased simply by changing your mindset!

You'll notice that there is a heart placed in the center of the scale. This is to remind you that it's OK to move up and down the scale through the different seasons of your life. **Your level of satisfaction will ebb and flow in each area as you go through different life experiences. That's OK!** Try to make peace with that and let go of the need to see a straight line of 10's. Think of this chart as a work of art - kind of like a dot-to-dot. Different life seasons will create different dot-to-dot patterns.



SPIRITUAL WELL-BEING	1	2	3	4	5	6	7	8	9	10
SELF-CARE	1	2	3	4	5	6	7	8	9	10
EMOTIONAL WELL-BEING	1	2	3	4	5	6	7	8	9	10
PHYSICAL WELL-BEING	1	2	3	4	5	6	7	8	9	10
MENTAL WELL-BEING	1	2	3	4	5	6	7	8	9	10
FINANCIAL WELL-BEING	1	2	3	4	5	6	7	8	9	10
OCCUPATIONAL WELL-BEING	1	2	3	4	5	6	7	8	9	10
SOCIAL WELL-BEING	1	2	3	4	5	6	7	8	9	10
ENVIRONMENTAL WELL-BEING	1	2	3	4	5	6	7	8	9	10

The Wheel of Life Quick-Notes

Write a sentence or two that expresses where you are now and how you'd like to grow in each area of your life. You will reflect deeper in each area later in this workbook, but for now, use this page to give you a general idea of where you are in general.

SPIRITUAL WELL-BEING

SELF-CARE

EMOTIONAL WELL-BEING

PHYSICAL WELL-BEING

MENTAL WELL-BEING

FINANCIAL WELL-BEING

OCCUPATIONAL WELL-BEING

SOCIAL WELL-BEING

ENVIRONMENTAL WELL-BEING

Spiritual Well-Being and Self-Care

Spiritual Well-Being and Self-Care - Overview

Spirituality is the process of seeking to connect with an unseen source of power, for the purpose of enriching your life.

Consider the following possibilities as you seek to create a greater sense of spiritual well-being:

- Seek for a recurring feeling of peace, stillness, and mindfulness.
- Establish a consistent spiritual practice that is in line with your own personal belief system and life experiences.
- Let go of the need for certainty.
- Learn to "tune out" the many voices of the world and "tune in" to your own inner guidance system, or your "Inner GPS".
- Explore ways to feel more connected to a feeling of joy and purpose through your spiritual practice.

Self-care is the act of nurturing yourself. You may feel that self-care is selfish, but this couldn't be further from the truth! When you take care of your most pressing needs, you are more able to be of service to those around you. Learn to put your oxygen mask on first so that you can help others with theirs. This doesn't mean that you should be self-obsessed, but it does mean that you should be self-compassionate. Seek to find a good balance between self-care and selfless service.

Consider the following possibilities as you seek to create a self-care practice.

- Pay attention to what it is that you truly need in order to feel peaceful, healthy, and cared for.
- Find ways to honor your own needs without becoming overly self-centered.
- Establish a healthy plan that balances self-care with service to others.

Spiritual Well-Being and Self-Care - Ponder and Reflect

What are your personal spiritual beliefs?

Do you feel comfortable and satisfied with your spiritual belief system? If not, would you like to grow in this area?

Do you have a consistent spiritual practice that you are happy with? If not, do you have the desire to create one?

Are you comfortable with uncertainty?

What is your opinion about self-care?

What are some things that you like to do to take care of yourself?

Do you have a **consistent** self-care routine that you are happy with? If not, do you have the desire to create one?

Spiritual Well-Being and Self-Care - Dig Deeper

Now, take the time to dig a little deeper. Write down where you are now and where you'd like to be in the future. Create some action steps that can help you move closer to where you'd like to be. **Transfer these action steps to your calendars, schedules, and/or to-do lists.**

WHERE I AM NOW

WHERE I'D LIKE TO BE

ACTION STEPS

[illegible]

Spiritual Well-Being and Self-Care - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your life vision for SPIRITUAL WELL-BEING and SELF-CARE.

Emotional Well-Being

Emotional Well-Being - Overview

Emotions are natural, instinctive feelings that are derived from your circumstances, mood, and/or relationships with others.

Consider the following possibilities as you seek to create a greater sense of emotional well-being:

- Seek to better understand your many emotions and how they affect you in your daily life.
- Learn to **accept and honor** ALL of your emotions.
- Seek to understand what is **really** causing or triggering your emotional reactions.
- Learn how to feel, express, and work through all of your emotions in healthy ways, such as journaling, music or art therapy, healthy conversation, prayer practice, meditating, writing, movement, therapy, etc.
- Learn tools to increase your positive emotions in healthy, non-destructive ways.
- Learn how to honor your emotions in the decision-making process, while not allowing them to **control** your choices.

Emotional Well-Being - Ponder and Reflect

Do you consider yourself to be emotionally healthy? Why or why not?

Do you feel that you have an **unhealthy** relationship with some or many of your emotions?

Are there certain emotions in your life that you would like to better understand?

List the processes you go through to work through your emotional reactions:

What are some possible ways you could improve your emotional well-being?

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Emotional Well-Being - Dig Deeper

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Emotional Well-Being - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your life vision for your EMOTIONAL WELL-BEING.

Physical Well-Being

Physical Well-Being - Overview

Physical well-being involves the process of improving your physical body through various tools, such as diet, exercise (movement), and medical/health care.*

Consider the following possibilities as you seek to improve your physical well-being:

- Take ownership of your own physical well-being.
- Let go of a **perfectionistic** view of physical wellness.
- Develop a healthy relationship with your physical body, regardless of imperfections, challenges, and limitations.
- Understand the basics of nutrition as seen through different dietary theories and create a diet plan that works best for YOU - which includes personal goals, desires, and belief systems.
- Understand the basics of various exercise and movement modalities and create an exercise and movement plan that works best for YOU - which includes personal goals, desires, and belief systems.
- Understand the various types of health and wellness options that are available and create a wellness plan that feels comfortable to YOU.
- Build a health and wellness team that suits your own personal needs and belief systems.

* Please consult with your professional medical team before making any important medical choices.

Physical Well-Being - Ponder and Reflect

Explain your overall physical health status:

What is your overall approach to food and diet?

Do you feel that you have a healthy relationship with food? Why or why not?

How do you feel about your physical body?

Do you have a physical fitness routine? If not, would you like to start one?

Do you have a health care team that you feel good about? If not, do you have the desire to establish one?

What are some possible ways you could improve your physical well-being?

Physical Well-Being - Dig Deeper

Now, take the time to dig a little deeper. Write down where you are now and where you'd like to be in the future. Create some action steps that can help you move closer to where you'd like to be. **Transfer these action steps to your calendars, schedules, and/or to-do lists.**

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Physical Well-Being - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your life vision for your PHYSICAL WELL-BEING.

Mental Well-Being

Mental Well-Being - Overview

Mental well-being involves the process of increasing your mental health, growth, and understanding in a way that simultaneously increases peace, personal knowledge, joy, and/or fulfillment.

Consider the following possibilities as you seek to improve your mental well-being:

- Seek to better understand how the mind works, including brain plasticity (the brain's ability to heal and change).
- Seek to better understand the power of your thoughts.
- Learn to use your thoughts to create more positivity, joy and happiness in your daily life.
- Learn tools and techniques to help you let go of negative thought patterns.
- Learn how to use your mind to achieve greater creative fulfillment.
- Learn how to use your mind to creatively solve problems.
- Identify the areas in which you would like to increase in knowledge and learning.
- Seek to use the media (including television, movies, books, and music) to help increase your joy, peace, healing, and growth.
- Seek to understand the benefits of mindfulness and awareness.

Mental Well-Being - Ponder and Reflect

Do you consider yourself to be mentally healthy?

Are you generally aware of your thoughts and thought patterns?

Would you consider your thoughts to be generally positive, negative, or in the middle?

Do you believe in the brain's ability to heal, change, and grow?

Do you feel that you have the ability to **creatively** solve problems?

Do you enjoy learning new things?

What types of activities do you like to engage in to stimulate your mind?

What are some possible ways you could improve your mental well-being?

Mental Well-Being - Dig Deeper

Now, take the time to dig a little deeper. Write down where you are now and where you'd like to be in the future. Create some action steps that can help you move closer to where you'd like to be. **Transfer these action steps to your calendars, schedules, and/or to-do lists.**

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Mental Well-Being - Inspiration Pictures

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Financial Well-Being

Financial Well-Being - Overview

Financial well-being includes the ability to meet current financial obligations, create a healthy and hopeful financial future, and manage money in a way that honors your own personal goals, values, personality, and belief systems.

Consider the following possibilities as you seek to improve your financial well-being:

- Create a financial planning and tracking system that works for YOU personally.
- Learn to make financial choices that honor your current financial resources, needs, plans, and belief systems.
- Seek to make financial choices that create peace and joy, rather than stress and regret.
- Learn to let go of fear and shame surrounding money, including financial comparison with others.
- Learn to feel and express gratitude and appreciation for your current financial situation and resources, while still being open to a healthy level of growth, increase, and creativity.
- Carefully identify your personal money stories that keep you stuck in negative financial patterns.
- Learn to respect and honor money and its ability to assist with peace, goodness, and joy in the world.
- Create a system for sharing your financial resources in a way that feels honest, truthful, and authentic

Financial Well-Being - Ponder and Reflect

Are you satisfied with your current financial situation?

Do you feel that you have a healthy relationship with money?

Do you feel that you have a good organizational system set up for your money management?

Are you comfortable with the ways in which you earn money? If not, would you like to explore some possibilities for growth?

How do you feel about sharing your financial resources with others?

What are some possible ways you could improve your financial well-being?

Financial Well-Being - Dig Deeper

Now, take the time to dig a little deeper. Write down where you are now and where you'd like to be in the future. Create some action steps that can help you move closer to where you'd like to be. **Transfer these action steps to your calendars, schedules, and/or to-do lists.**

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[illegible]

Financial Well-Being - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your life vision for your FINANCIAL WELL-BEING.

Occupational Well-Being

Occupational Well-Being - Overview

Occupational well-being involves the process of engaging in work-related activities that are purposeful, uplifting, and inspiring.

Consider the following possibilities as you seek to improve your occupational well-being:

- Discover work that is fulfilling, uplifting, purposeful, and joyful.
- Discover work that utilizes your natural skills, abilities, and talents.
- Take ownership of your work and work related habits.
- Create positive, effective, and balanced work habits.
- Let go of a **perfectionistic** attitude towards your work, while simultaneously seeking to be uplifted and inspired by it.
- Accept the many possibilities when defining work structure, and create a work/hobby/dream plan that is purposeful, balanced, and in line with your own personal talents, life experiences, goals, and current life season.
- Learn to be flexible and creative in your work.
- Be willing to transform, change, and adapt your work related activities as the seasons of your life change and evolve.

Occupational Well-Being - Ponder and Reflect

Describe your occupation or how you choose to spend your work-related hours:

Do you feel that you have a healthy relationship with your work life?

Are you happy with your work-related experiences?

Are you able to use your natural skills, abilities, and talents in your work life?

Are you engaged in work that is fulfilling and uplifting to you?

Are you generally satisfied with your work/life balance?

What are some possible ways you could improve your occupational well-being?

Occupational Well-Being - Dig Deeper

Now, take the time to dig a little deeper. Write down where you are now and where you'd like to be in the future. Create some action steps that can help you move closer to where you'd like to be. **Transfer these action steps to your calendars, schedules, and/or to-do lists.**

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Occupational Well-Being - Inspiration Pictures

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Social Well-Being

Social Well-Being - Overview

Social well-being involves the process of interacting and connecting with others in a way that feels authentic, uplifting, and inspiring.

Consider the following possibilities as you seek to improve your social well-being:

- Seek to honor and understand your own personal social traits and needs.
- Create social experiences that bring personal joy and fulfillment.
- Engage in conversations that are uplifting, joyful, purposeful, healing, and fulfilling.
- Let go of unhealthy judgement and comparison.
- Learn to love, honor, and accept yourself (by creating healthy habits of self-care) so you are better able to love, honor, and serve others.
- Learn to serve others in a way that is uplifting and inspiring for both the giver and receiver.
- Learn to set healthy boundaries with yourself and others that are in line with your own personal goals, life experiences, and belief systems.
- Practice the art of speaking, acting, interacting, and dressing in a way that feels uplifting, honest, and authentic.
- Learn to honestly forgive, and express kindness, gratitude, admiration, and appreciation to others.
- Create a healthy relationship with social media that fosters a spirit of joy, creativity, and connection, rather than comparison, envy, and judgement.

Social Well-Being - Ponder and Reflect

Do you feel that you understand and are comfortable with your personality and how you interact with others?

Do you feel that you generally have a positive view of yourself?

What does your "self-talk" look like?

Are you satisfied with your own personal style and how you visually present yourself to others?

Do you have a healthy relationship with your family, friends, and acquaintances?

Are you generally happy with your social experiences? If not, would you like to improve this area of your life?

What are some possible ways you could improve your social well-being?

Social Well-Being - Dig Deeper

Now, take the time to dig a little deeper. Write down where you are now and where you'd like to be in the future. Create some action steps that can help you move closer to where you'd like to be. **Transfer these action steps to your calendars, schedules, and/or to-do lists.**

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Social Well-Being - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your life vision for your SOCIAL WELL-BEING.

Environmental Well-Being

Environmental Well-Being - Overview

Environmental well-being involves the process of creating spaces that are healthy, uplifting, and inspiring.

Consider the following possibilities as you seek to improve your environmental well-being:

- Create spaces that reflect your own tastes and personality.
- Create spaces that fulfill your emotional and physical needs.
- Create spaces that are less cluttered, more organized, and more peaceful.
- Create habits and organizational systems that keep your spaces running smoothly.
- Seek to understand the environmental elements that contribute to or take away from health, peace, joy, and happiness.
- Let go of a **perfectionistic** attitude towards your spaces, while still maintaining a sense of creativity, beauty, order, and growth.
- Enhance your joy through the use of design and creativity as it relates to personal space planning.
- Enhance your spaces through the use of uplifting music and media and other sensory expressions.
- Take the time to more fully enjoy your personal spaces on a consistent basis.
- Take the time to enjoy nature and care for our planet.

Environmental Well-Being - Ponder and Reflect

Explain your home environment, including overall look, feel, and level of organization:

Are you generally happy with your home environment?

Do you feel that your spaces are a true reflection of you and your family members?

Do you feel that your environment fulfills your emotional and physical needs?

Do you enjoy spending time in nature?

What are some possible ways you could improve your environmental well-being?

Environmental Well-Being - Dig Deeper

Now, take the time to dig a little deeper. Write down where you are now and where you'd like to be in the future. Create some action steps that can help you move closer to where you'd like to be. **Transfer these action steps to your calendars, schedules, and/or to-do lists.**

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Environmental Well-Being - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your life vision for your ENVIRONMENTAL WELL-BEING.

Notes and Worksheets

Weekly Plan

Create a general overview of your weekly schedule.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Daily Plan

Create a general overview of your daily schedule.

[illegible]

Weekly Goal Tracker

Write and track your weekly goals.

[illegible]

To-Do List

[illegible]

Life Vision Worksheet

Create a general overview of your life and life vision as you see it today.

[illegible]