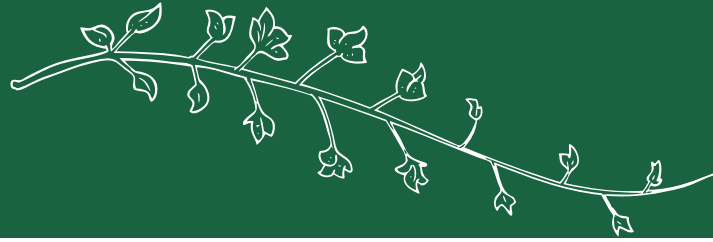


ASSESS THE YEAR AHEAD



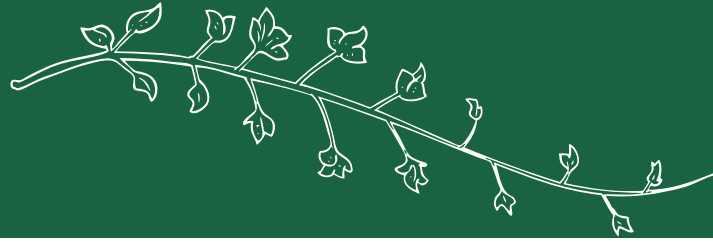
This is a great exercise to help you get clear about your direction for the year ahead!

Use this page to list down anything that comes to mind. Try not to control the thoughts, just let them come freely.

What do you want more of this year?

What do you want less of this year?

ASSESS THE YEAR AHEAD



Now choose the 5 top things/people/places/activities that would bring you the most happiness if you were to incorporate more of them into your life.

1.
How will you bring more of this into your life?

By when?

2.
How will you bring more of this into your life?

By when?

3.
How will you bring more of this into your life?

By when?

4.
How will you bring more of this into your life?

By when?

5.
How will you bring more of this into your life?

By when?

Want to work together to achieve your health goals through a holistic, Naturopathic approach?
Contact Amy@calyxhealth.nz to arrange a FREE 15 minute discovery call.