

**Presented by  
Body-Mind  
Sessions**

**2018**

**LIFE DESIGN 01**

THE PERSONAL GOAL PLANNER TO CHANGE YOUR LIFE

# WELCOME...

Congratulations in taking the next steps in moving forward.

I am excited to be part of your journey for 2018 by guiding you from where you are to where you want to be.

Without making the decision and the commitment, it can make us feel like we are not going forward.

So lets take the time to find out your 2018 goals and the steps to achieve those goals: one step at a time.

Make sure to print this workbook and complete the book when you have time to yourself.

Once you've done that, read your goals before going to sleep and just after you wake up.

And over time, you will FEEL the change and SEE things that you haven't noticed before.

Peace and Love x

Nora

# WAIT, LETS LOOK AT 2017...

What did you love and accomplish in 2017?

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What great things happened unexpectedly?

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# REFLECTION TIME...

## What don't you want to repeat from 2017?

[illegible]

## What did you learn from these experiences?

[illegible]

# SEARCH WITHIN....

What qualities do you like (and love) about yourself?

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What personal qualities would you like to improve on?

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Now its time to grab a tea (or maybe  
even a wine) and reflect on the last year.

No doubt, there were ups and downs but  
its time to move forward.

# 2018

## NOW ITS GO TIME

List everything you would like to achieve in 2018

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Now list your top 3 goals

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# TAKE ACTION THE PLAN

For each goal, write what you need to do to achieve it

## GOAL ONE

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## GOAL TWO

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## GOAL THREE

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# **DAILY WELLBEING BRAINSTORM**

List as many activities that you enjoy & fulfil these areas

**BODY**

**EMOTION**

**SPIRIT**

**MIND**



# DAILY WELLBEING

## THE PLAN

List the top three activities that are do-able  
and pick one to do each day

### BODY

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### SPIRIT

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### EMOTION

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### MIND

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# THATS DONE. GREAT.

Feeling good? This is just the beginning.

Life is like a recipe. A great cake needs good ingredients mixed in a bowl and baked in the oven.

And the four areas of life need to be measured and cooked at the right temperature - so to speak.

There is no right or wrong answer.

The kind of life you want to create ultimately depends on how you are going to mix these areas.

The many little things gather together to create something amazing.

So create the life you want.

And be thankful.