



HEALTHY & AWARE

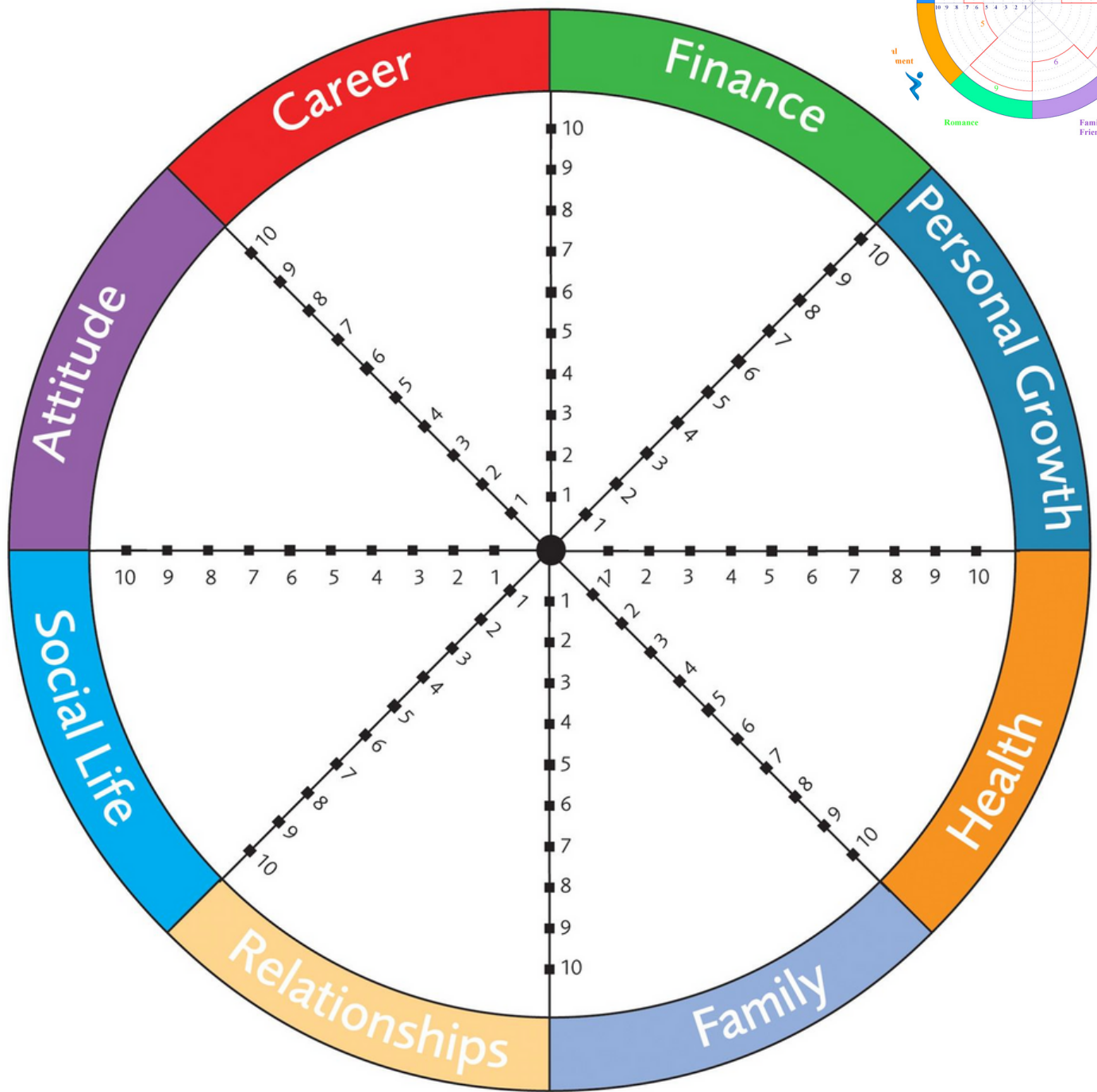


Reflection Workbook

Your weekly & daily guide to overall wellbeing

HEALTH & WELLBEING COACH- DEIMANTE

Please rate each area of your life out of 10



TO COMPLETE THE WHEEL:

- 1) Review the 8 wheel categories- think briefly what a satisfying life to you would look like in each area.
- 2) Adjust the areas so that they are important to you (see step 1 on 'detailed instructions' page).
- 3) Next, draw a line across each segment that represents your satisfaction score for each area.
- choose a value between 0 (very dissatisfied) and 10 (extremely satisfied)
- 4) Now draw a line and write the score alongside (see above example)

IMPORTANT: Use the first number that pops into your head, not the number you 'think' it should be. Be honest with yourself from the beginning of this journey.

Which area of your wheel requires special attention this week:

List three things you can do this week to improve this area:

Create three goals for the week:

Diary & Notes

Date / /

Daily Reflection

Date / /

Based on your reflection this week and the areas that require most attention, what three goals for today would like to set to improve these areas and your overall wellbeing?

My 3 goals for today are:

Diary / Notes / Thoughts / Feelings

Today's assessment

Date / /

What went well today?

What didn't go well today?

3 things I can do next time to make it better:

2 things I am grateful for today:

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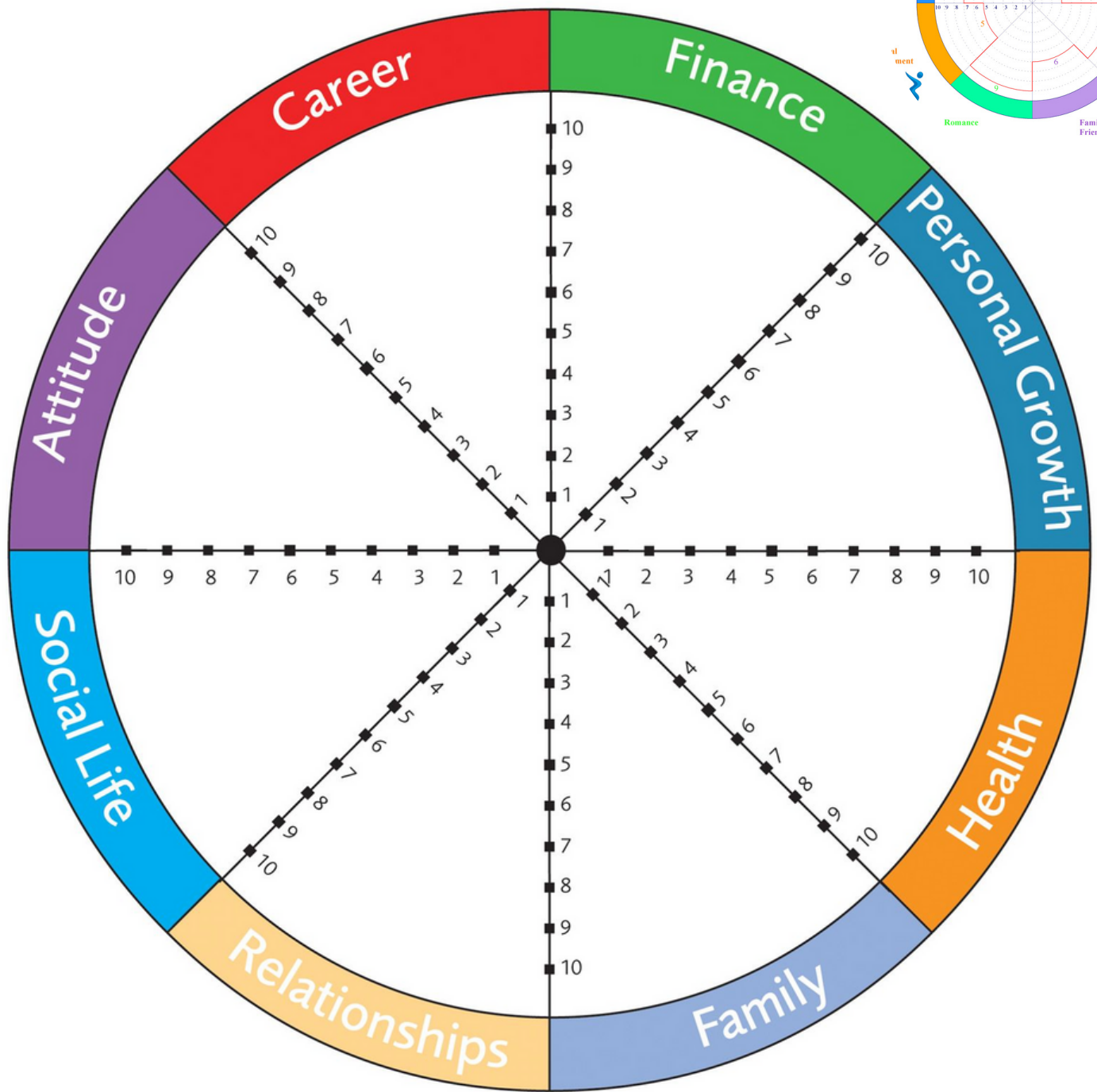
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