

WELLNESS 2020

SIMPLE POWER METHODS TO WORK WELLNESS INTO YOUR BUSY DAY



MONTH OF

DAILY POWER ACTIONS	S	M	T	W	T	F	S
ROCKED MY GO-TO MEALS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SQUASHED MY TRIGGERS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ROCKED MY FIT PLAN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MADE TIME TO MEDITATE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PAUSED & APPRECIATED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CONNECTED WITH FAMILY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FOCUSED ON MY FUTURE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT WENT WELL:
WHERE TO GROW:

WELLNESS SUCCESS METRICS

MONTH

WEEK OF

MY GO-TO MEALS
FOR BREAKFAST,
LUNCH & DINNER

MY EATING &
DRINKING
TRIGGERS

MY WEEKLY
FITNESS PLAN

MY GO-TO
MEDITATION
METHODS

MY MINDFUL
MOMENT
TRIGGERS

THE FRIENDS I'LL
CONNECT WITH

THE FAMILY I'LL
CONNECT WITH

PERSONAL OR
PROFESSIONAL
DEVELOPMENT