



Welcome and Congratulation

Only 85% of people don't bother to plan for their future. WELL DONE!

I am so excited about this course because I am going to enjoy walking through this journey with you.

Thank you for signing the contact by signing you have made this a safe space for us to learn and grow.

How this works:

We meet weekly and will cover

1. Learn a new concept
2. Discuss finding and growth from the last week.
3. Push forward on what needs to happen for the new week

Lets get started

Please complete the pledge

My Pledge to myself:

My life deserves the best version of me. Happy 2025

I _____ understand that I am undertaking an intensive, guided encounter with myself for _____

I commit myself to 6 months of opening myself up to learn. Weekly homework and to choose to live my life in the most fulfilling way because I deserve to put the best version of myself out there.

I invite all issues that may present themselves and emotions that I need to feel. I commit myself to start loving me for who I am and giving myself the self-care I need.

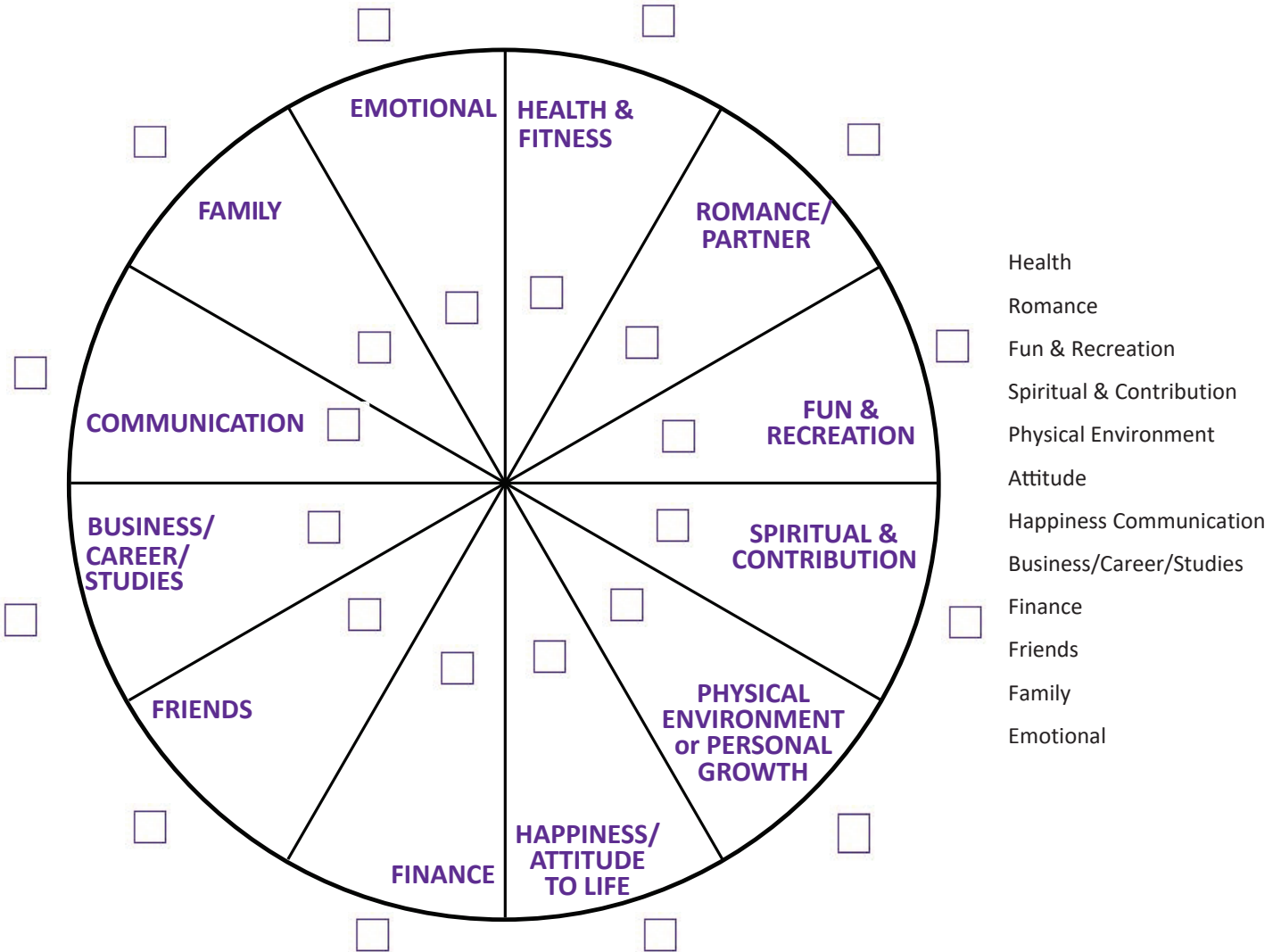
Name

Date

NAME: _____

DATE: _____

LIFE WHEEL



INSTRUCTIONS

1. Please use your gut to decide your score in each life area, don't ponder too long.
2. The score in the center of the circle should reflect how you are feeling about each life area **AT THE MOMENT**, not in the past or future.
3. Score each area out of 10, with 0 in the middle of the spokes, and gradually moving out towards the edge of the circle (a score of 10 - which is as perfect **AS YOU WOULD LIKE IT TO BE** - NOT ANYONE ELSE)
4. Which areas need your attention? Look out of balance? Make a start next to them.
5. Using a **DIFFERENT COLOUR** now complete the life wheel again, with how you would **LIKE** each particular area to be.



Do yourself a favour for 2025

Get organised, create focus and create a plan.

Knowing what it is that you want from life, is the very first step to live MORE life.

I'm going to break down setting goals for you into five steps:

1. The first step is to determine what it is that you actually want.
2. Choose the ones you really want to achieve
3. Create an affirmation for each goal. An affirmation is a positive statement that you believe about your goal and that will encourage you to achieve it.
4. Then determine what do you need to do to get what you want. This is called Milestones
5. The last step is determining what action needs to be taken

I have broken this down into five steps. The first step is to determining what it is that you want. The second is to put your hand on your heart and choose which one you would really like to achieve. Then create the affirmation for each. The fourth step is to create what we call milestones. Milestones are small measurable goals that breaks down what needs to happen in order for you to achieve the goal. The very last thing is the action. What action needs to happen in order for you to achieve your goal.

You might find yourself asking. What is the difference between a Milestone and an action? Good question and sometimes very confusing because a milestone can become an action. But a milestone has to happen where an action you have options as to how it happens. Let's have a look at the example again, (See below)

In order for you to live a healthier life you need to eat better but how or what you eat can be different. You can experience and try new things but in order for you to live a healthier life you need to focus on your food.

Here is an example and then I've got a questionnaire.

Goal: Live a healthier life.

Affirmation: I have done this before

Milestones:

- Eat better food
- Exercise
- Meditate

Action steps:

- Eat better food
 - o Find and download a food plan
 - o Diarise a time to create a weekly plan to prep food
 - o Plan a weekly shopping



4. Then answer the question, what needs to happen in order for me to achieve the option I selected above?

Example:

Milestones:

- Eat better food
- Exercise
- Meditation

My milestones are

5. Ask yourself not what action can I take now to achieve one of the milestones

Example:

Action steps:

- Eat better food
 - o Find and download a food plan
 - o Diarise a time to create a weekly plan to prep food
 - o Plan a weekly shopping

My action steps are:

Goal: Live a healthier life

Affirmations:

I got this, I have done this before, I have the support I need. You go girl



Milestones:

- Eat better food 15/01/2025
- Exercise 15/01/2025
- Meditation 15/01/2025

Action steps:

- Eat better food
 - o Find and download a food plan
 - o Diarise a time to create a weekly plan to prep food
 - o Plan a weekly shopping



In the space below rewrite what you have written above for every goal you would like to achieve.

Goal:

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Affirmation:

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Milestones and date:

Action step and date

Now, print or save the planner somewhere you can see it daily. Remember to use it jointly with your Calendar to be sure to get the job done.



Taking action

What am I going to STOP doing, CONTINUE doing and START doing to bring you to your strength?

Area	STOP	CONTINUE	START