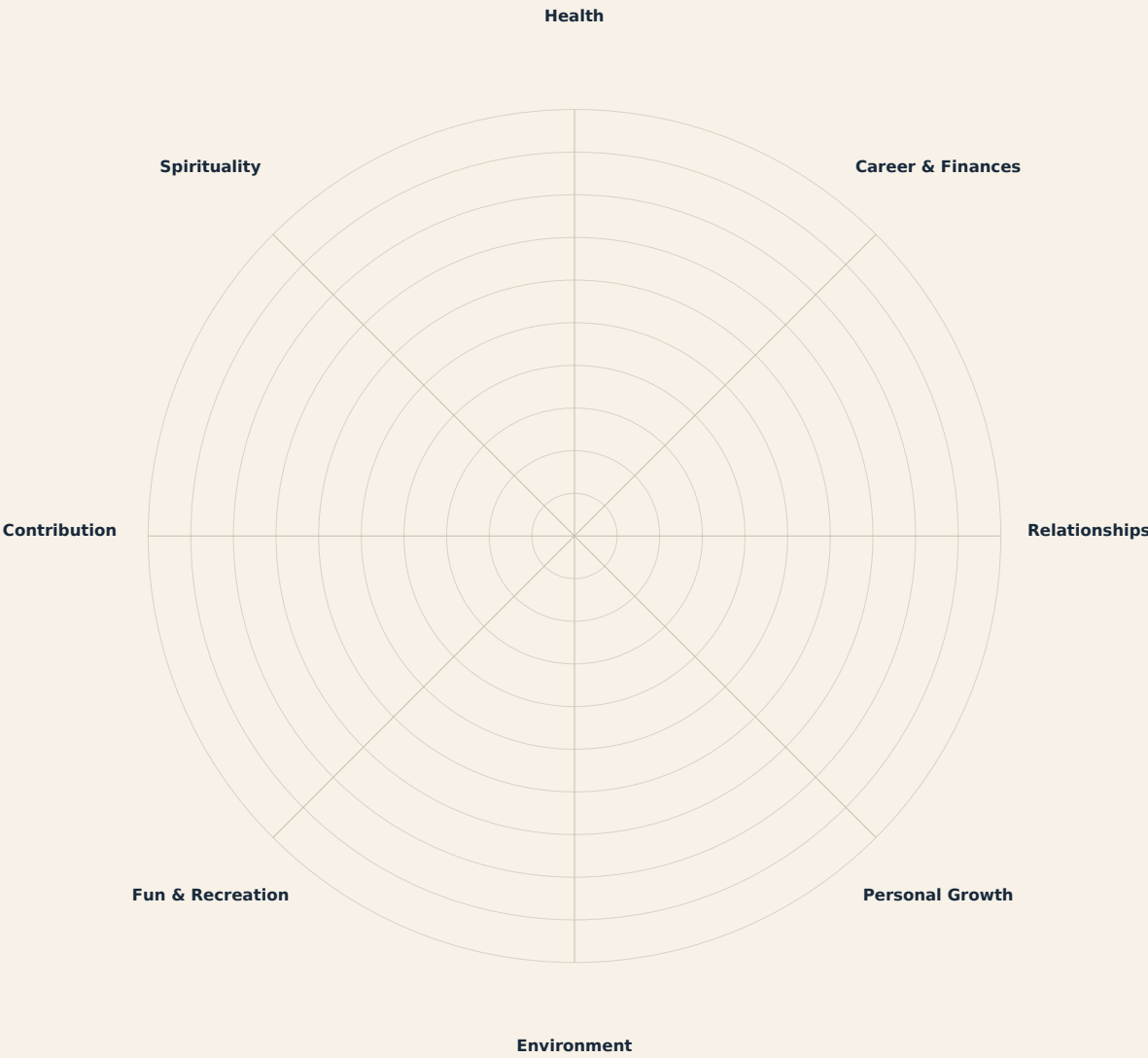


WHEEL OF LIFE

WHERE AM I NOW?

Rate each area of your life from 1 to 10. Connect the points and notice which areas need the most attention.



REFLECTION

Which areas of my life need the most attention?

WHAT I DISCOVERED - WHAT I WANT INSTEAD

Patterns, beliefs, reactions, repeating scenarios

New scenarios, new choices, new beliefs

NEW HABITS I WANT TO DEVELOP

HABITS THAT WILL HELP ME REACH MY GOALS

What new habits do I want to introduce into my life to support the changes I want to create?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MY WHY

How will these habits support the life I want to create?

MY PLAN FOR CHANGE

WHAT I CAN DO MYSELF - WHAT I WILL WORK ON WITH A SPECIALIST

Look back at everything you discovered while working through this book and divide your next steps into two areas.

WHAT I CAN DO MYSELF

New habits and conscious actions I can introduce into my daily life.

- Develop new supportive habits
- Take new actions and make new decisions
- Consciously focus my attention on the positive
- Practice gratitude every day
- Exercise and take care of my body
- Take practical steps toward my goals
- Change the way I organize my everyday life

WHAT I WILL WORK ON WITH A SPECIALIST

(PSYCHOTHERAPIST) Psychological material I discovered while working through this book.

- Repeating negative scenarios
- Childhood trauma
- Limiting beliefs and deep programs
- Relationship patterns
- Emotional patterns and triggers
- Other psychological patterns I want to change

MY FIRST STEPS

I WILL START DOING MYSELF

I WILL TAKE INTO THERAPEUTIC WORK