

FREE WORKBOOK

In this workbook you will focus on a self-reflecton, self-care, learn how to create your goals with the help of my questions, and create a vision board.



01 Define your goals and create a list of realistic goals.

02 Think about what new skills you need to learn to reach your goals. Do you need to go to a course, learn a new language, do you need IT skills?

03 How is reaching this goal going to improve your life and the life of your family?

LIFE GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			

SELF-REFLECTION QUESTIONS

FOR EACH OF THE QUESTIONS BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED TO GROW AND CHANGE. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

QUESTIONS	WHAT IM DOING WELL	WHAT ARE MY PRIORITIES	SELF GROWTH PLAN
WHAT ARE MY GOALS IN LIFE?			
WHAT ARE MY STRENGTHS?			
WHAT AM I WORRIED ABOUT?			
WHO GIVES ME COMFORT?			
WHAT ARE MY VALUES?			
WHAT DO I LIKE TO DO FOR FUN?			





SELF CARE

DAILY CHECK - IN

FOR EACH OF THE QUESTIONS BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED TO GROW AND CHANGE. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

QUESTIONS	<i>SELF REFLECTION</i>	<i>MY FEELINGS</i>	SELF GROWTH PLAN
HOW DO I FEEL TODAY?			
WHAT AM I THANKFUL FOR TODAY?			
WHAT NEGATIVE ATTITUDE DO I NEED TO CHANGE?			
WHAT POSITIVE AFFIRMATION WAS I ABLE TO GIVE MYSELF TODAY?			
WHAT ONGOING SUPPORT DO I NEED?			
WHAT DO I NEED TO DO TO BE A BETTER VERSION OF MYSELF?			



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2023

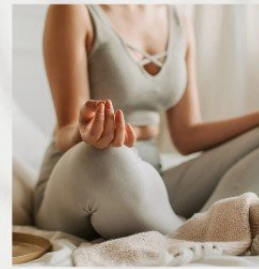
VISION BOARD



Body



Mind



Spirit



Love



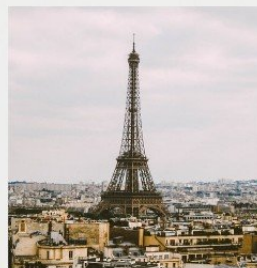
Purpose



Family



Friends



Journey



Wealth

"I hold on to my vision"



2023

VISION BOARD

Insert the photos of your dream life and print
the vision board.

Body

Mind

Spirit

Love

Purpose

Family

Friends

Journey

Wealth

"I am creating the life of my
dreams."

MY VISION

BOARD

PERSONAL

FAMILY

RELATIONSHIP

CAREER

HEALTH

LIFESTYLE

**I AM
ATTRACTING...**

**GOOD THINGS INTO
MY LIFE!**

**WRITE DOWN YOUR DREAMS
AND MAKE THEM REAL!**

MIND FREEDOM THERAPY



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ATTRACTING...**

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AND MAKE THEM REAL!**

MIND FREEDOM THERAPY

