

HOW IS MY BODY FEELING?

CAREER



GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

DUE DATE

WHAT ARE THE MOST IMPORTANT STEPS YOU CAN TAKE RIGHT NOW TO MOVE CLOSER TO ACHIEVING THESE GOALS?

TASKS

AM I MAKING PROGRESS TOWARDS MY GOALS?

DO I FEEL SATISFIED WITH MY WORK AND RELATIONSHIPS?

REVIEW

WHAT INSIGHTS IS YOUR JOURNALING REVEALING? WHAT DO YOU NEED TO PRIORITISE GOING FORWARD? WHAT BOUNDARIES DO YOU NEED TO PUT IN PLACE TO BETTER PROTECT YOUR WELLBEING?