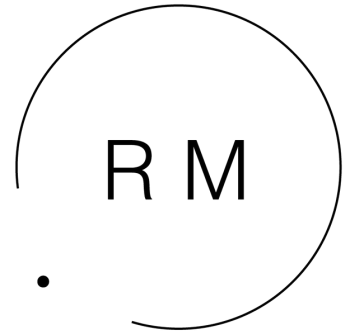


NAME:

DATE:



LET'S CHECK IN

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1) On a scale of 1-10 rate the following in your life:

- |                          |                        |
|--------------------------|------------------------|
| <input type="checkbox"/> | Sleep                  |
| <input type="checkbox"/> | Nutrition              |
| <input type="checkbox"/> | Energy                 |
| <input type="checkbox"/> | Stress                 |
| <input type="checkbox"/> | Fitness                |
| <input type="checkbox"/> | Mobility               |
| <input type="checkbox"/> | Flexibility            |
| <input type="checkbox"/> | Zest for life          |
| <input type="checkbox"/> | Work/life balance      |
| <input type="checkbox"/> | Contentment            |
| <input type="checkbox"/> | Spiritual wellbeing    |
| <input type="checkbox"/> | Emotional wellbeing    |
| <input type="checkbox"/> | Educational wellbeing  |
| <input type="checkbox"/> | Relationship wellbeing |
| <input type="checkbox"/> | Physical Wellbeing     |

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*mindful balanced training*

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2) Looking at question one, what are the three most important areas you would like to see an improvement in over the next three months?

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3) Try to specify two "SMART wellness goals" for you to work towards for both a three and six month period.  
(specific - measurable - achievable - realistic - timed)

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4) How would your life look different and how would you feel if you achieved your "SMART wellness goals"?

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5) Why is this important to you?

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6) What are any current barriers that are stopping you achieve your wellness goals?

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7) How can you overcome the above potential barriers?

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8) Imagine you are in the future and you have achieved your goals. Now imagine the path to getting there. What work did you do to get there?

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9) On a scale of 1-10 how willing are you to make changes to achieve your goals?

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Now its time to put this into action! Remember small steps and consistency is key. I believe you can make the changes you want to make! Reflect on and repeat this worksheet in three months time.

light & love

*Rachelle*      xx