

THE LIFE AUDIT

DIMENSIONS OF WELLNESS

REFLECTION WORKSHEET

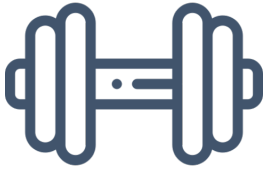


THREE MONTH GOAL

One **Facet of Wellbeing** that needs improvement in my own life is:

One proactive step I can take to improve this area is:

THE LIFE AUDIT



One way I could improve my _____ wellness is



One way I could improve my _____ wellness is



One way I could improve my _____ wellness is



One way I could improve my _____ wellness is



One way I could improve my _____ wellness is



One way I could improve my _____ wellness is
