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practical, not preachy

love. Louise x

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WELLBEING WARRIORS

**life
coaching
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~ The Conscious Calendar ~ Worksheet 1 - February 2023

This is THE BEST worksheet!
Go make yourself a cuppa. Dive in. Enjoy the process 😊

It's the morning of Friday December 22nd 2023. I've reached almost Christmas Eve this year feeling _____, and _____.

I've just had one of those secret miracle cancellations of a coffee meeting I wasn't that bothered about and found myself with a spare hour in this gorgeous little café on my own with my favourite _____ already ordered and on its way! WOOP! Mmmm. I've got my laptop / journal / back of an old A4 flyer and a pen with me... do you know what? I am going to take a moment to review my 2023, right here, right now. I am a Wellbeing Warrior, I LOVE doing this stuff!

Overall I feel pretty _____ about 2023, the things I am most proud and pleased of is that I _____.

I am also really glad that I resolved _____.

My happiest moment this year was shared with _____

and it was so special.

When I break it down a little, WW style, it's very cool to look at the progress I've made in each area of life this year, some are small wins, some are bigger, but it's a good balance. Well done me!

In terms of mental health and personal growth I am really pleased I

_____ as that has made a real difference

to _____.

When it comes to the key relationships in my life, specifically with

_____ the best thing we have done/ created/ discussed/

progressed/ experienced this year was _____ and I am

SO glad I made the time to make that happen. In terms of the house/living

situation I feel _____ about how I've managed

_____ this year!

Bodywise, my physical health this year has really benefited from the decision I took to consistently look after myself by _____ and doing that _____. Big win! I learned _____ about myself from that. I am super proud of how _____ has unfolded in my career, directly linked to my decision to _____.

Money has been _____ this year and I feel _____ about it due to _____.

Socially _____ was brilliant for me, and my favourite pastime/hobby/holiday/event of the year was undoubtedly _____.

This year I am so grateful for _____ and that _____ worked out. I am also feeling peaceful about _____ and that I can gently farewell _____, its time. I am absolutely proudest of _____ and I have learned _____ this year.

I am so glad I invested time and prioritised _____ in 2023, that has really made a difference to my life. The happiest moment of the year was _____, and the whole year has been filled with much joy and connection. If 2023 has been this good I can't wait to see what 2024 has in store! I am a woman who _____.

I am going to finish this _____ in this café, and go have a _____ Christmas! What a year to review, super super pleased with myself.