



## ~ The Conscious Calendar ~ Worksheet 2 - February 2023

2023	BIG ROCK			SMALL ROCKS		
	What area of life is this addressing?	I'd be disappointed if I didn't...	What do I need to do to lock in this Big Rock?	1	2	3
1.	<i>Mental Health &amp; Personal Growth</i>					
2.	<i>Key Relationships</i>					

Wellbeing inspires that's  
**practical, not preachy**  
love, Louise x



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3.	Living Environment					
4.	Physical Wellbeing					
5.	Career & Passion					

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6.	Financial Health					
7.	Social, Hobbies & Fun					

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<b>COFFEE</b>						

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<b>FUTURE BIG AND SMALL ROCKS</b>						

