



## ~ 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*

[www.louisethompson.com](http://www.louisethompson.com)



WELLBEING WARRIORS  
**life  
coaching  
academy**

LOUISE THOMPSON  
MASTERCOACH | AUTHOR | SPEAKER

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

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

[www.louisethompson.com](http://www.louisethompson.com)



WELLBEING WARRIORS  
**life  
coaching  
academy**

LOUISE THOMPSON  
MASTER COACH | AUTHOR | SPEAKER

6.	Financial Health					
7.	Social, Hobbies & Fun					

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



WELLBEING WARRIORS  
**life coaching academy**

LOUISE THOMPSON  
MASTER COACH | AUTHOR | SPEAKER

[www.louisethompson.com](http://www.louisethompson.com)

<b>COFFEE</b>						

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

[www.louisethompson.com](http://www.louisethompson.com)



WELLBEING WARRIORS  
**life  
coaching  
academy**

LOUISE THOMPSON  
MASTER COACH | AUTHOR | SPEAKER

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



**Additional notes here on thoughts, themes, conversations needed, purchases required and so on!**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---