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**practical, not preachy**

love. Louise x

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WELLBEING WARRIORS

**life  
coaching  
academy**

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## New Year In Gear Worksheet #1

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

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It's the morning of Christmas Eve-Eve, Monday December 23rd 2024 and I've reached today feeling \_\_\_\_\_, and \_\_\_\_\_. I've just had one of those secret miracle cancellations of a "we must catch up before Christmas!" coffee meetings I secretly wasn't that bothered about and happily 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 envelope and a pen with me... do you know what? I am going to take a moment to review my 2024, right here, right now. I am a Wellbeing Warrior, I LOVE doing this stuff!

Overall, I feel pretty \_\_\_\_\_ about 2024, 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 my house/living situation I feel \_\_\_\_\_ about how I've managed \_\_\_\_\_ this year! Body-wise, my physical health this year has really benefitted from the decision I took to consistently look after myself by \_\_\_\_\_ and doing that \_\_\_\_\_. I am also SO proud of myself for starting the micro-habit of \_\_\_\_\_ every day: I started Monday January 1st (Mega Monday!) and I have not missed a single day! Biiiiig win! I have learned \_\_\_\_\_ about myself from a year of keeping my word to myself and my body.

I am also super proud of how \_\_\_\_\_ has unfolded in my career/job/retirement, 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 \_\_\_\_\_. In terms of friends and family I am SO glad I diarised the time to do \_\_\_\_\_ with \_\_\_\_\_ this year, and that I also had great experiences/connections with \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

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 to let that go. I am absolutely proudest of \_\_\_\_\_ and I have learned so much about \_\_\_\_\_ this year. I am a woman who \_\_\_\_\_.

I am so glad I invested time and prioritised \_\_\_\_\_ in 2024, that has really made a difference to my life. The happiest moment of the whole damn year was \_\_\_\_\_, and the whole year has been filled with much joy and connection. If 2024 has been this good I can't wait to see what 2025 has in store!

I am going to finish this delicious \_\_\_\_\_ in this café, and go have a \_\_\_\_\_ Christmas! What a year to review, super pleased with myself: 2024 has rocked my socks off! Being so INTENTIONAL about who/how/where I invested my time/energy/attention/finances has created the most wonderful year jam packed with \_\_\_\_\_. Bring on this beautiful Christmas about to unfold, and a whole new year for me intentionally fill in 2025!