

Wellbeing inspiration that's
practical, not preachy
love, Louise x



WELLBEING WARRIORS

**life
coaching
academy**

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~ Win With 1% ~ Worksheet 1 - January 2025

		2025 Goal / Ideal Outcome	What IS working? Do 1% MORE of it.	What ISN'T working? Do 1% LESS of it.	<i>What do I need to make this happen? Resources? Conversation? Time? Budget?</i>	<i>Add to Conscious Calendar? Is there something to schedule or book?</i>
1.	Mental Health/Personal Growth					
2.	Key Relationships					
3.	Living Environment					
4.	Physical Wellbeing					

5.	Career & Passion					
6.	Financial Health					
7.	Social, Hobbies & Fun					
8.	Friends and Family					

<p>PARK: You will have way more ideas than you do time / capacity! Write those ideas here so you can prioritise and focus your brain on what matters MOST this year.</p>	
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