

Wellbeing inspr thatz
practical, not preachy

love, Louise x

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WELLBEING WARRIORS

**life
coaching
academy**

LOUISE THOMPSON
MASTERCOACH | AUTHOR | SPEAKER

~ Manifest Your Best ~ Worksheet 2 - February 2025

WW MANIFEST YOUR BEST FUTURE ME LETTER CHECKLIST:

1. Living Environment
2. Physical Health
3. Money
4. Career
5. Personal Growth and Mental Health
6. Hobbies, playtime and fun
7. Partner/ primary relationship
8. Family and friendships

FUTURE ME LETTER

"Dear Louise, it's ME, _____
it's now the ____th of _____, 20____, and I wanted to
write to you to tell you..."