



Goal Planner

gentleSTRENGTH
WELLNESS

JOURN

As openly and honestly as you can, take a few moments now to write down what you'd like to transform about your health. Be as specific as you can. Try not to blame or judge your current situation negatively. Rather, investigate these 'areas of improvement' with kindness and curiosity.

Your Keywords

WHICH 3 WORDS BELOW RESONATE WITH YOU?
HOW DO THEY CONNECT WITH YOUR
INTENTIONS AND VALUES?

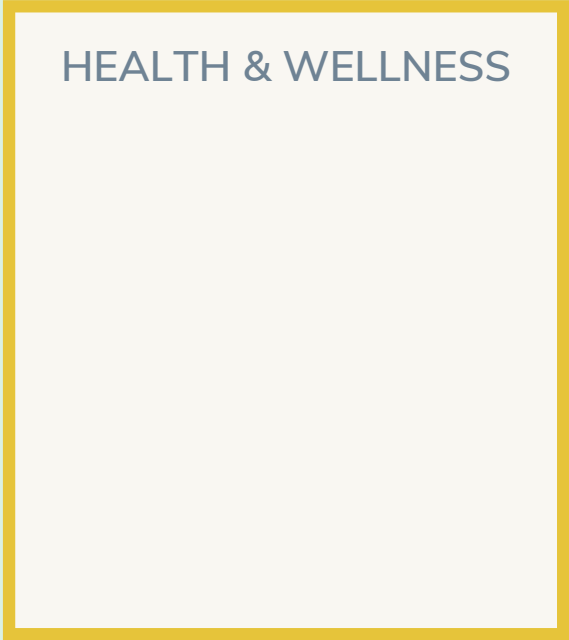
Write these 3 words onto 3 separate post-its and stick them somewhere you can see everyday. Or come up with 3 words of your own! The brain responds to visual stimuli and regular reinforcement.

Peaceful	Energized	Vitality	Fit	Lean and Strong
Abundant Health	Joyfully Alive	Rejuvenated	Confident	Passionate
Connected	Light	Vigorous	Resilient	Nurtured
Loving	Nourished	Exuberant	Empowered	Self-love
Active	Calm	Focused	Mental Clarity	Centered

Give yourself time and space for this. Dig deep - how will it change your life if you follow through? If you are feeling a bit stuck, visualise where you want to be 6 months from now. 1 year from now. What do you see? How do you feel?

MY TOP GOALS THIS YEAR

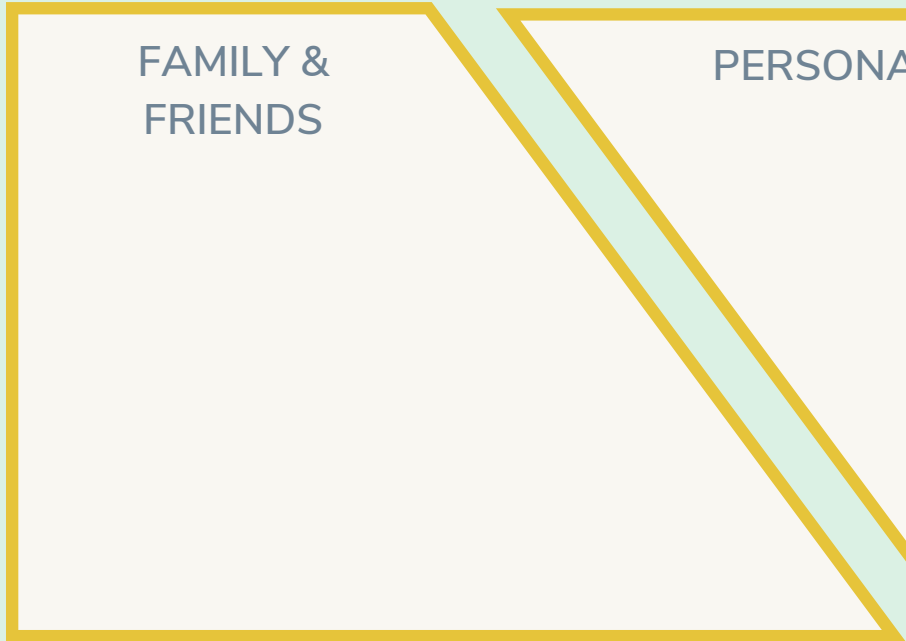
HEALTH & WELLNESS




CAREER & FINANCE



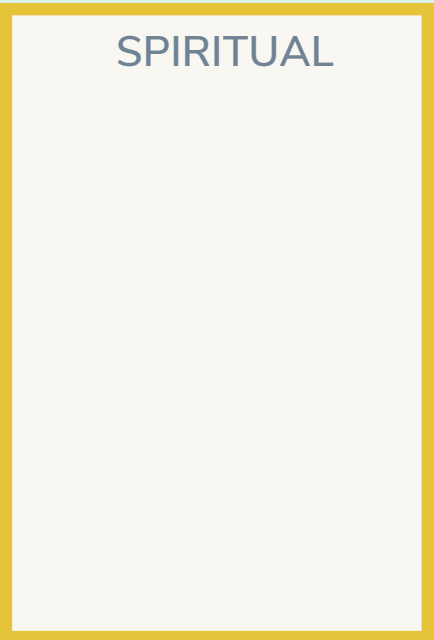
FAMILY & FRIENDS



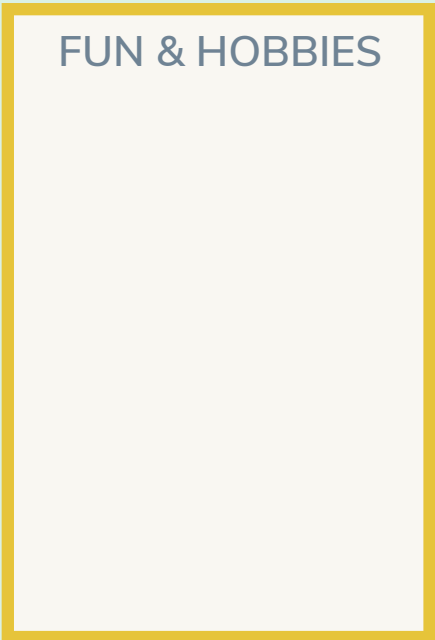
PERSONAL DEVELOPMENT



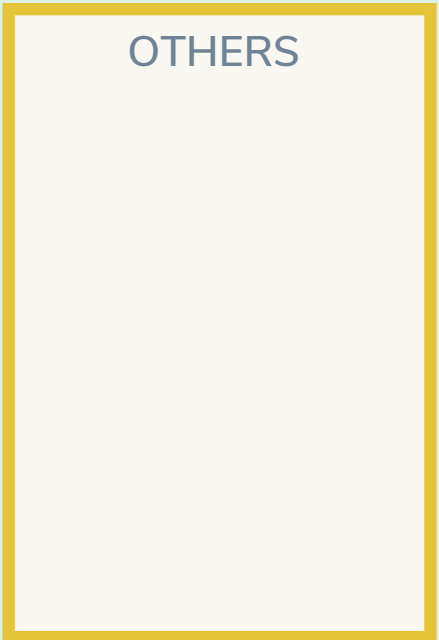
SPIRITUAL



FUN & HOBBIES



OTHERS



Daily Focus Planner

Quote of the Day

Idea Dump zone
(to deal with later)

Today's 3 Major Tasks

1. _____

2. _____

3. _____

Notes:

Today's 3 Minor Tasks

1. _____

2. _____

3. _____

Notes:

FOCUS ON WHAT MATTERS NOW. DUMP THE REST FOR LATER!

Daily Focus Planner

Quote of the Day

Idea Dump zone
(to deal with later)

Today's 3 Major Tasks

1. _____

2. _____

3. _____

Notes:

Today's 3 Minor Tasks

1. _____

2. _____

3. _____

Notes:

FOCUS ON WHAT MATTERS NOW. DUMP THE REST FOR LATER!

Daily Focus Planner

Quote of the Day

Idea Dump zone
(to deal with later)

Today's 3 Major Tasks

1. _____

2. _____

3. _____

Notes:

Today's 3 Minor Tasks

1. _____

2. _____

3. _____

Notes:

FOCUS ON WHAT MATTERS NOW. DUMP THE REST FOR LATER!

Daily Focus Planner

Quote of the Day

Idea Dump zone
(to deal with later)

Today's 3 Major Tasks

1. _____

2. _____

3. _____

Notes:

Today's 3 Minor Tasks

1. _____

2. _____

3. _____

Notes:

FOCUS ON WHAT MATTERS NOW. DUMP THE REST FOR LATER!

Daily Focus Planner

Quote of the Day

Idea Dump zone
(to deal with later)

Today's 3 Major Tasks

1. _____

2. _____

3. _____

Notes:

Today's 3 Minor Tasks

1. _____

2. _____

3. _____

Notes:

FOCUS ON WHAT MATTERS NOW. DUMP THE REST FOR LATER!

Daily Focus Planner

Quote of the Day

Idea Dump zone
(to deal with later)

Today's 3 Major Tasks

1. _____

2. _____

3. _____

Notes:

Today's 3 Minor Tasks

1. _____

2. _____

3. _____

Notes:

FOCUS ON WHAT MATTERS NOW. DUMP THE REST FOR LATER!

Daily Focus Planner

Quote of the Day

Idea Dump zone
(to deal with later)

Today's 3 Major Tasks

1. _____

2. _____

3. _____

Notes:

Today's 3 Minor Tasks

1. _____

2. _____

3. _____

Notes:

FOCUS ON WHAT MATTERS NOW. DUMP THE REST FOR LATER!

Daily Focus Planner

Quote of the Day

Idea Dump zone
(to deal with later)

Today's 3 Major Tasks

1. _____

2. _____

3. _____

Notes:

Today's 3 Minor Tasks

1. _____

2. _____

3. _____

Notes:

FOCUS ON WHAT MATTERS NOW. DUMP THE REST FOR LATER!

It's good to keep a record of how you feel as you work towards your health and wellness goals. Write down whatever comes to mind, but there is no need to stress yourself out by having to write everyday. Do what feels right for you.

You are capable of becoming
the best version of yourself.

One Day, Or Day One ...
You Decide.

How I Can Help

I help busy professionals make positive, healthy changes and improve their health when they feel change is hard.

I offer compassionate, evidence-based health coaching and training to those who feel trapped by their physical, mental and emotional stress. It's not easy to make space for yourself sometimes. With focused support and guidance, I am here to help you make sustainable, positive changes to bring out your best self.



Your wellness journey begins with knowing your needs and values and starting where you are in life. And I am here to help guide you every step of the way.

GET IN TOUCH WITH ME TODAY!