

2019 Life Planning ideas:

Health: What does optimal health look like for you? EG: I regularly take care of myself so I feel my best. I am energetic and strong every day. I eat well, sleep well. What do you plan to do to get there?

Mental/emotional wellness: How would you like this area to be in 2019? EG: I live a joyful, blissful life, aided by my positive outlook and attitude. I create my amazing reality constantly. What do you plan to do to get there?

Exercise: What does optimal exercise look like for you? EG: I plan to run a marathon. I plan to exercise to lose 10lbs. I plan to walk ½ a mile every few days

Family: What does optimal family life look like? EG: I am present with my family. I create deep connections with fun and positive energy.

Work: What does optimal work look like? EG: I plan to enjoy my work even more this year.

Partner/Love: What does optimal partnership/Love look like? EG: I live through my heart and am compassionate.

Experiences: What does optimal experiences look like? EG: I plan special experiences that increase love of life, appreciation for others, the joy of creation, and the fun of friends

Mission: What does optimal engagement in life look like? EG: I feel clear and energized about why I am here on the planet, and my contribution

