

MY ONE-PAGE LIFESTYLE PLAN

12 WEEK CYCLE: _____ TO: _____

YOUR VISION

What does loving your lifestyle look and feel like to you? Put your vision into words.

YOUR WHY

What motivates you? What sparked your decision to change your life? What feeling are you *tired* of?

YOUR GOAL

What is your goal for this 12-week cycle? Make it realistic, measurable and aligned with your *why*.

YOUR WALLS

What factors, habits or people may come between you and your goal? These are your wellness walls.

YOUR ROUTINES

What rituals and routines are you ready to commit to, to overcome these walls and reach your goals?

YOUR STEPS

What tools will you use to reach your goals? These can be programs, books, teachers or groups.