

DIMENSIONS OF WELL-BEING

When we think about developing habits that support our future best selves we want to look at it through the lens of our holistic well-being. Use the following pages to map out who you want to become and what habits you need to engage in to create your desired life. Consider the 8 dimensions of well-being as you decide where to focus your attention.

PHYSICAL:

Nourishment | Hydration | Movement | Sleep | Self Care

EMOTIONAL:

Thoughts | Feelings | Actions | Resilience

MENTAL:

Focus | Mindfulness | Learning | Time | Structure

SPIRITUAL:

Values | Beliefs | Purpose | Relationship with Self

ENVIRONMENTAL:

Home | Space | Organization | Energy

JOY:

Hobbies | Play | Release | Ways to "Let Go"

SOCIAL:

Relationships | Communication | Community | Society

FINANCIAL:

Money Story | How You Make \$ | How You Spend \$

FUTURE-SELF ROADMAP

What are the things that I want to be able to do at the following ages? How does my future self show up? What does my future self spend time, money, and energy on? What am I physically able to do? What brings me joy? Who am I spending time with? Etc.

Age: _____	_____

Date: _____	_____

Yrs to	_____
Date: _____	_____

Age: _____	_____

Date: _____	_____

Yrs to	_____
Date: _____	_____

Age: _____	_____

Date: _____	_____

Yrs to	_____
Date: _____	_____

Age: _____	_____

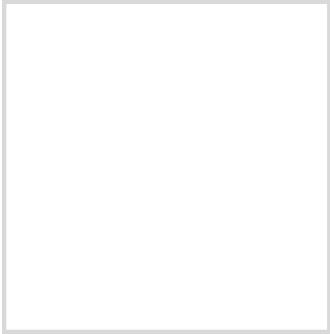
Date: _____	_____

Yrs to	_____
Date: _____	_____

8 FUTURE-SELF HABITS

Use the boxes on the left to list the 8 core habits you will track this month. To the right of the box, please list the specifics of how that habit will be carried out. Remember, your habit could be as simple as 3 min of deep breathing daily, drinking 96 oz of water, getting 8 hours of sleep, etc.

8 FUTURE-SELF HABITS









HABIT TRACKER

For the next month, track your 8 Future-Self Habits. This isn't about being perfect. It's about being persistent. If you miss a day, jump right back in tomorrow. If you miss 2 days, don't make a big deal of it. Just start again. There is no doubling up on missed workouts or reading extra pages to make up for missed habits. At the end of the month, the goal is to see what habits have become automatic and part of your routine and what ones are still something you need to think about consciously.

HABIT	CHECKLIST
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
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