

Getting Things Sorted

What's working? What isn't? What thing do you need to tackle this month?

What habit would make this part of your life feel better?



Home

I am happy with ...

I am not so happy with...

I can commit this month to...

One habit to introduce...

Family & Friends

I am happy with ...

I am not so happy with...

I can commit this month to...

One habit to introduce...

Work/ Study/ Career

I am happy with ...

I am not so happy with...

I can commit this month to...

One habit to introduce...

Finances

I am happy with ...

I am not so happy with...

I can commit this month to...

One habit to introduce...

Health & Food

I am happy with ...

I am not so happy with...

I can commit this month to...

One habit to introduce...

