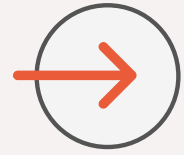


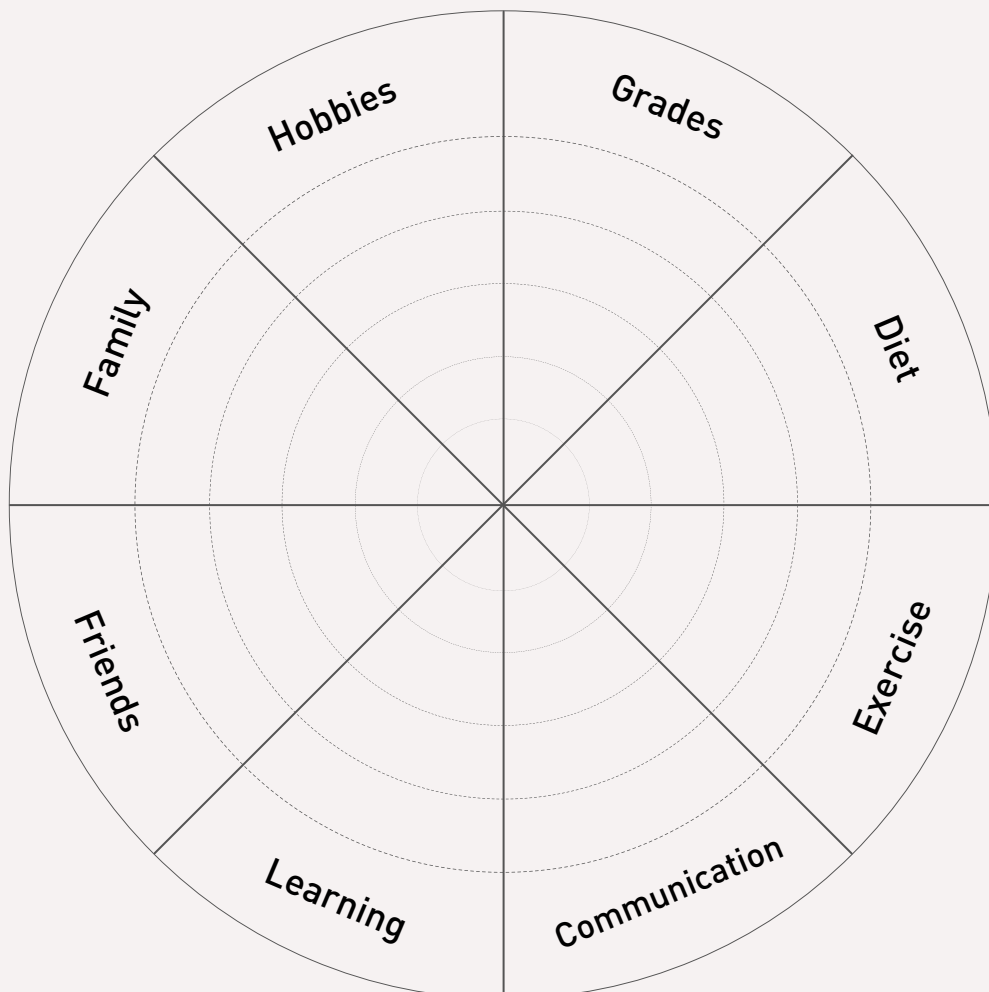


Fulfilment wheel



REFLECTION

Reflect on your level of fulfilment for each of these areas on a scale from 1 to 10 and shade the wheel accordingly.





Reach the goal



GOAL-SETTING

Choose two areas you'd like to work on over the next few months. Write down a SMART goal for each of them. List any actions you need to achieve your goals.

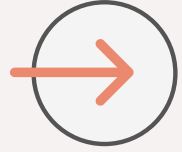


X	
<p>.....</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<div style="text-align: right;"> ▲ ▼ </div>	

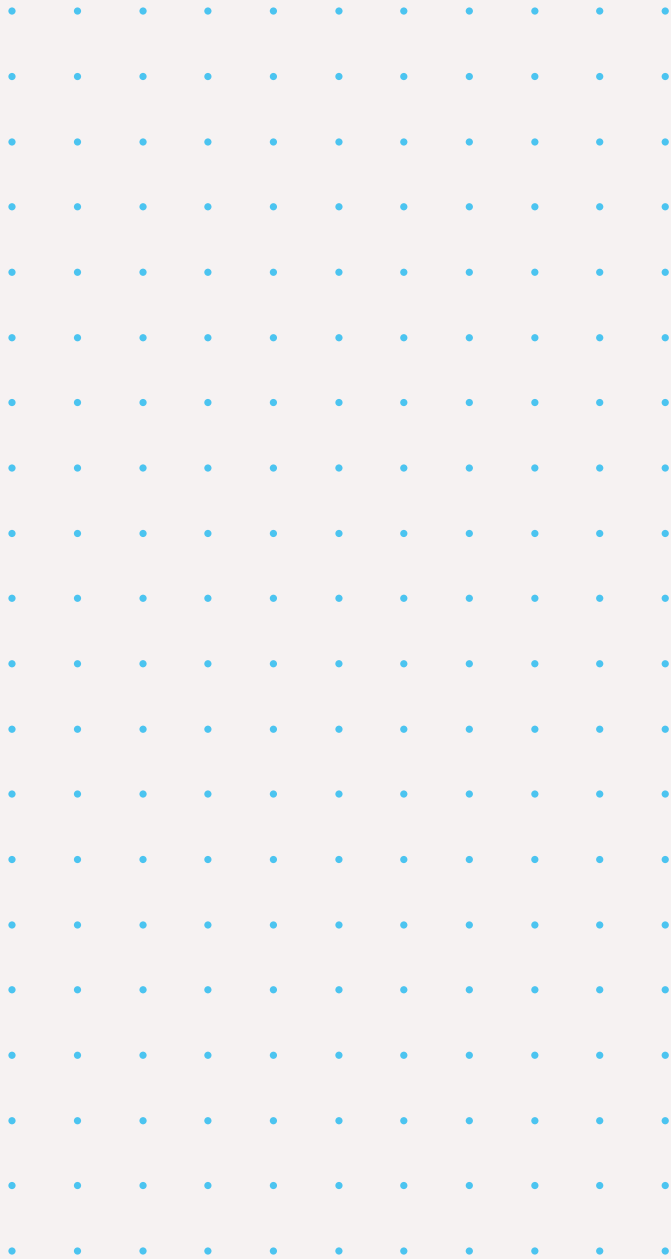
X	
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My Notes

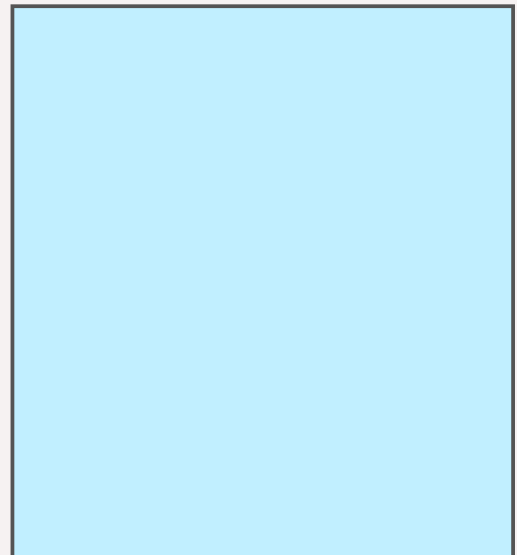


NOTES AND THOUGHTS



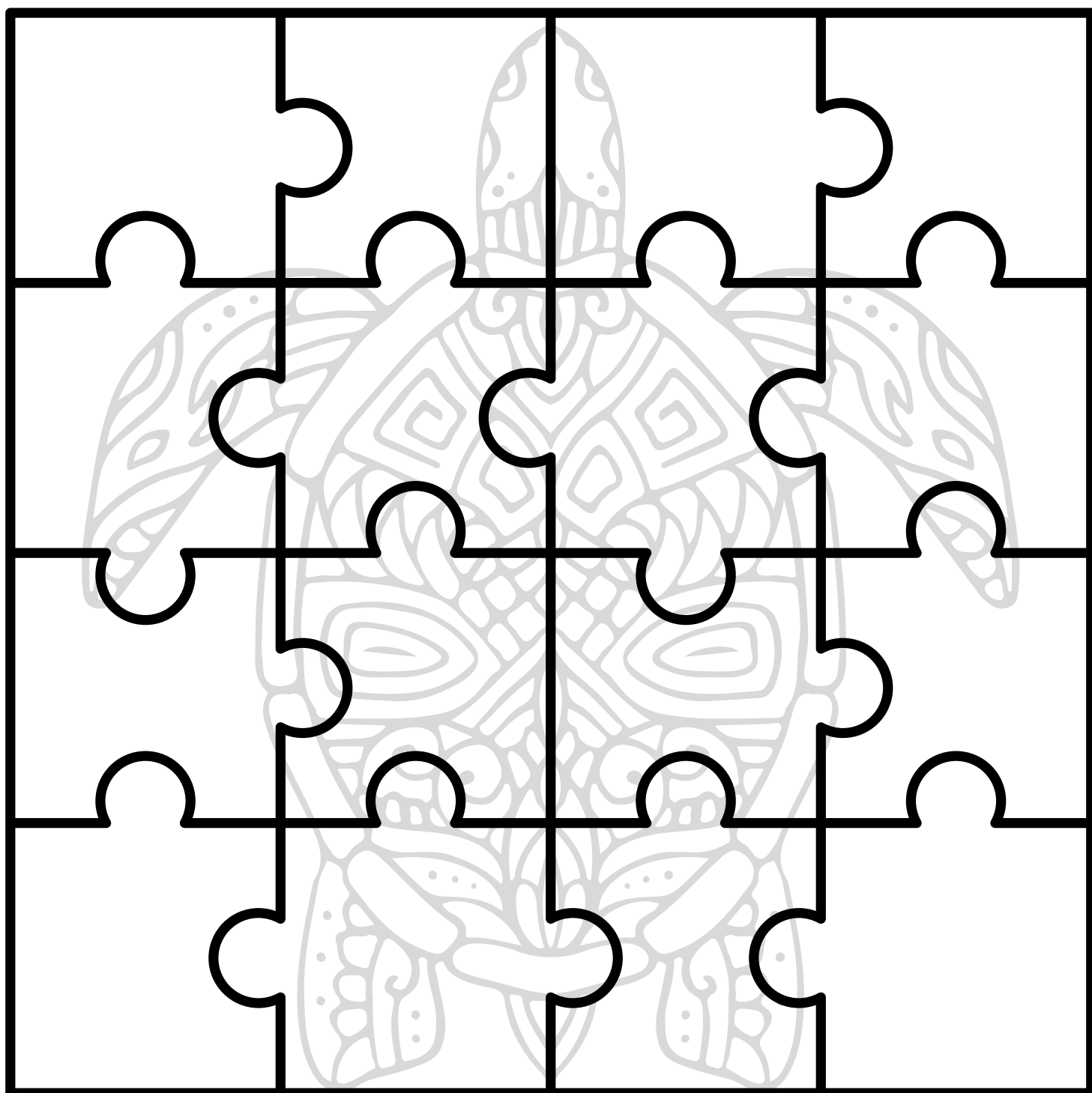
Achievements

REMINDERS



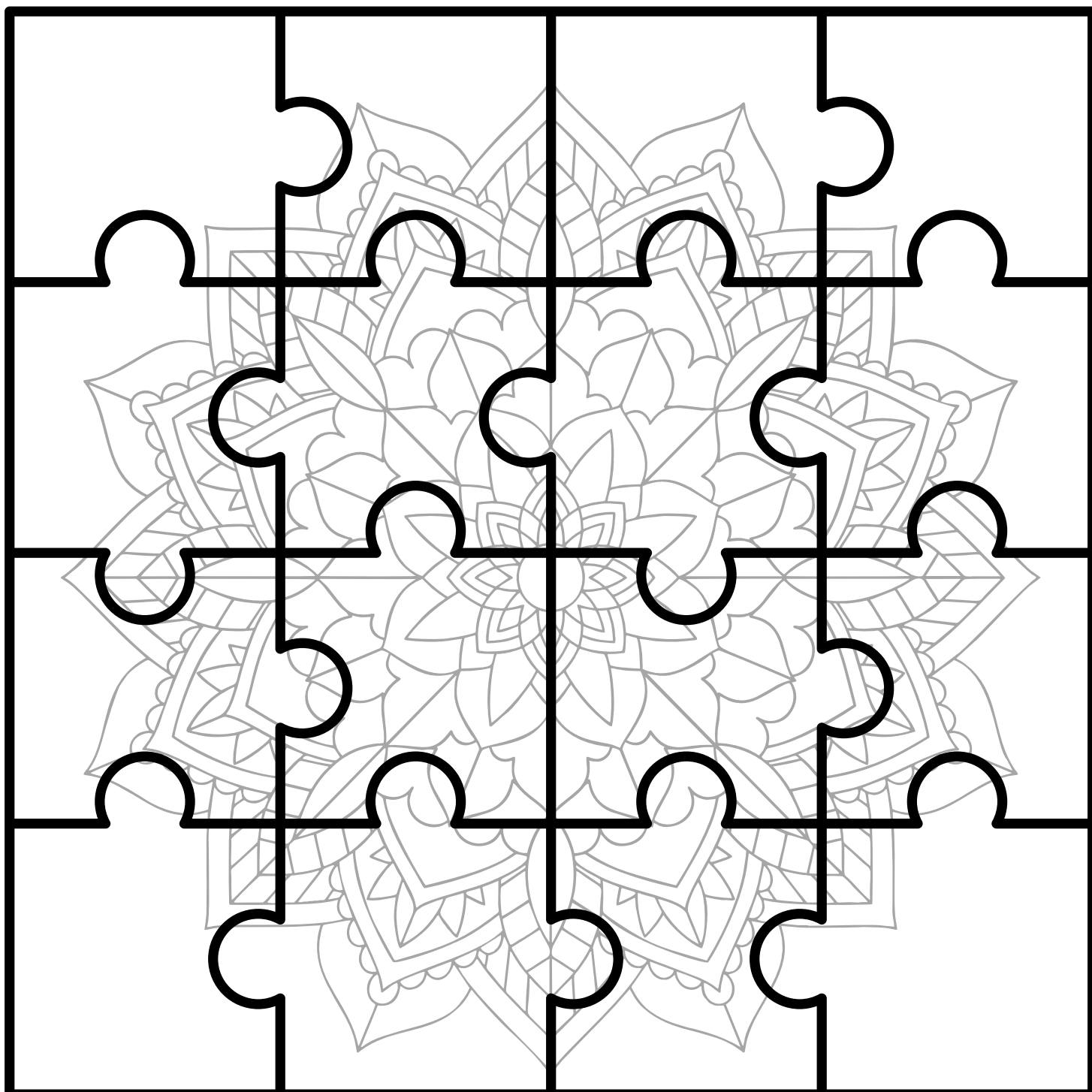
Mindful Colouring Puzzle

Instructions: Colour in the picture, then cut around the pieces and see if you and your friends can put your puzzle back together.



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