

Your Holistic Plan

NAME: _____ **WEEK :** _____

My "I AM" Statement:

HOLISTIC GOALS:	TRAILHEAD	DESTINATION	TRAIL HAZARDS
PHYSICALLY			
MENTALLY			
EMOTIONALLY			
SPIRITUALLY			

HOLISTIC APPROACHES:	Simple Practices	S	M	T	W	H	F	S	Comments
Aromatherapy									
Breathwork									
Energy Work - Reiki									
Intuitive Journaling									
Massage & Bodywork									
Meditation & Guided Imagery									
Mindful Eating									
Mindful Movements									
Self Awareness Exercises									
Spiritual Affirmations									

PEACE: _____

PASSION: _____

PURPOSE: _____

EXPERIENCES:

