

Welcome!

I am Life and Career Transition coach, Carol Hudnell, and I am pleased to share this free workbook with you.

We often spend a tremendous amount of time going through the motions of life instead of considering how we will spend our time in life. In this workbook you will:

- ✓ Take some time to chronicle and reflect on the month.
- ✓ Think about the values that guide you.
- ✓ Celebrate your accomplishments.

I've put together this **free workbook** to help you think about how you spend your time and energies during the month. You will spend some time considering and preparing for your fantastic future. If you have any questions, feel free to reach out to me. Enjoy!

All my best,

Carol A. Hudnell



ABOUT ME

I am Founder of Willow and Oak Media LLC and a Life and Career Transformation Coach who specializes in helping people enhance their careers, happiness, and become more fulfilled.

I am available for 1:1 coaching where I help you clarify your next steps to create a values based and balanced career and life.

Book a free consultation with me!
www.pivottowholeness.com



Willow and Oak Media LLC
Coaching and Consulting

DAILY ACTIVITY

HABIT TRACKER

Date: _____

Week: 1 2 3 4

MORNING HABITS

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AFTERNOON HABITS

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EVENING HABITS

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YouTube Pivot to
Wholeness

Pivot to Wholeness.com



Willow and Oak Media LLC
Coaching and Consulting

TO-DO LIST

MY WEEKLY PLANNER

Date: _____

Week: 1 2 3 4

WORK PROJECTS



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HOUSE CHORES



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APPOINTMENTS



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SIDE HUSTLE



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DAILY GRATITUDE

MY GRATITUDE JOURNAL

Date: _____

Week: 1 2 3 4

TODAY, I'M GRATEFUL FOR...

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WEEKLY REVIEW

Week: 1 2 3 4

HELLO JOURNAL, MY WEEK IS...