

The Wellness Compass Journey Activity 21. Step 2.2:

Reality Check from _____ to _____

Use this sheet to compare multiple goal/strategies identified in step 2.1 over a three-month time period.

1. List goals, strategies and key events or obligations you will concurrently consider

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-
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2. How will your daily schedule change?

Itemize your daily routine as specifically as possible

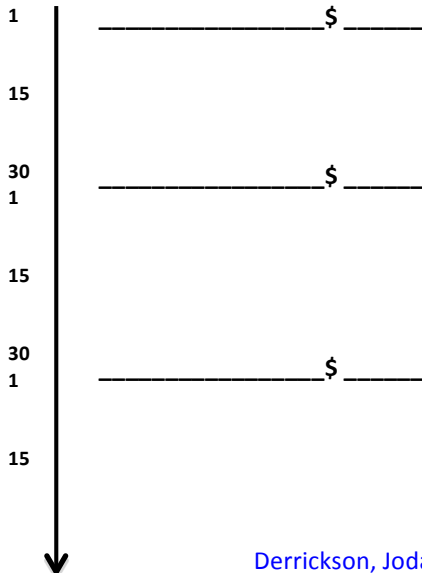
12 noon

3. How will my weekly schedule change?

Use the calendar below to compare how new activities will merge into your existing weekly schedule. Can you do it all? What needs to change?

Time	Sun	Mon	Tue	Wed	Thurs	Fri	Sat

4. How will changes affect your schedule and resources for the next three months? Label the next three months then write in all key events to assess conflicts. End by considering how your monthly spending plan could change. Can you afford this?



5. What did you learn? What should change?

When you are confident that you have the time and resources to effectively implement all desired strategies of one goal you'll finalize planning for that goal by completing Activity 21. Step 2.3