



# Live the Best

## Year of Your Life

### WORKSHEET

MINDWISE WELLNESS

You can enjoy the best year of your life, and there's no reason to wait. Create a life that you love to live. These self-reflection questions will help you start your journey of joy.

1. What can I learn from my past that can be applied to my future?

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2. In what ways is my life out of balance?

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3. What are my goals for the next year?

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4. What good habits do I need to develop to support my goals?

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5. What are my bad habits that impede my success?

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6. What obstacles am I likely to face?

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7. What resources do I require? How can I obtain them?

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8. How can I measure my progress toward my goals?

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