



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?

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

3. What are my goals for the next year?

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

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

6. What obstacles am I likely to face?

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

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