



REAP & Rise

Journal

Dr Catherine Muyeba

REAP & Rise



Hello!

So excited that you are here to work on yourself towards a vibrant and fruitful life, both personally and professionally.

I hope the reflective journal helps you on your journey to creating success.

Take some time to reflect and dream big. By following the steps, you'll have an actionable plan to help you achieve your goals over the next 90 days.

Best wishes,

Cathy Muyeba xx



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Instructions



1. **Rate Yourself** - For each question, give yourself a score out of 10 (with 10 being your best in that area).
2. **Reflect** - Write your thoughts and feelings about your current score in this area.
3. **Envision** - Imagine and describe your future self performing at your best in this area.
4. **Analyse** - Identify the gap between where you are now (your current score) and where you want to be (your future self).
5. **Plan** - Write one specific action or step you can take to close the gap and improve in this area.

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Physical Health

Overall, how am I doing in my physical health? Reflect, Envision, Analyse & Plan.



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Mental Health

Overall, how am I doing in my mental health? Reflect, Envision, Analyse & Plan.



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Relational Health

Overall, how am I doing in my relational health? Reflect, Envision, Analyse & Plan.



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Spiritual Health

Overall, how am I doing in my spiritual health? Reflect, Envision, Analyse & Plan.



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Vocational Health

Overall, how am I doing in my vocational health? Reflect, Envision, Analyse & Plan.



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Financial Health

Overall, how am I doing in my financial health? Reflect, Envision, Analyse & Plan.



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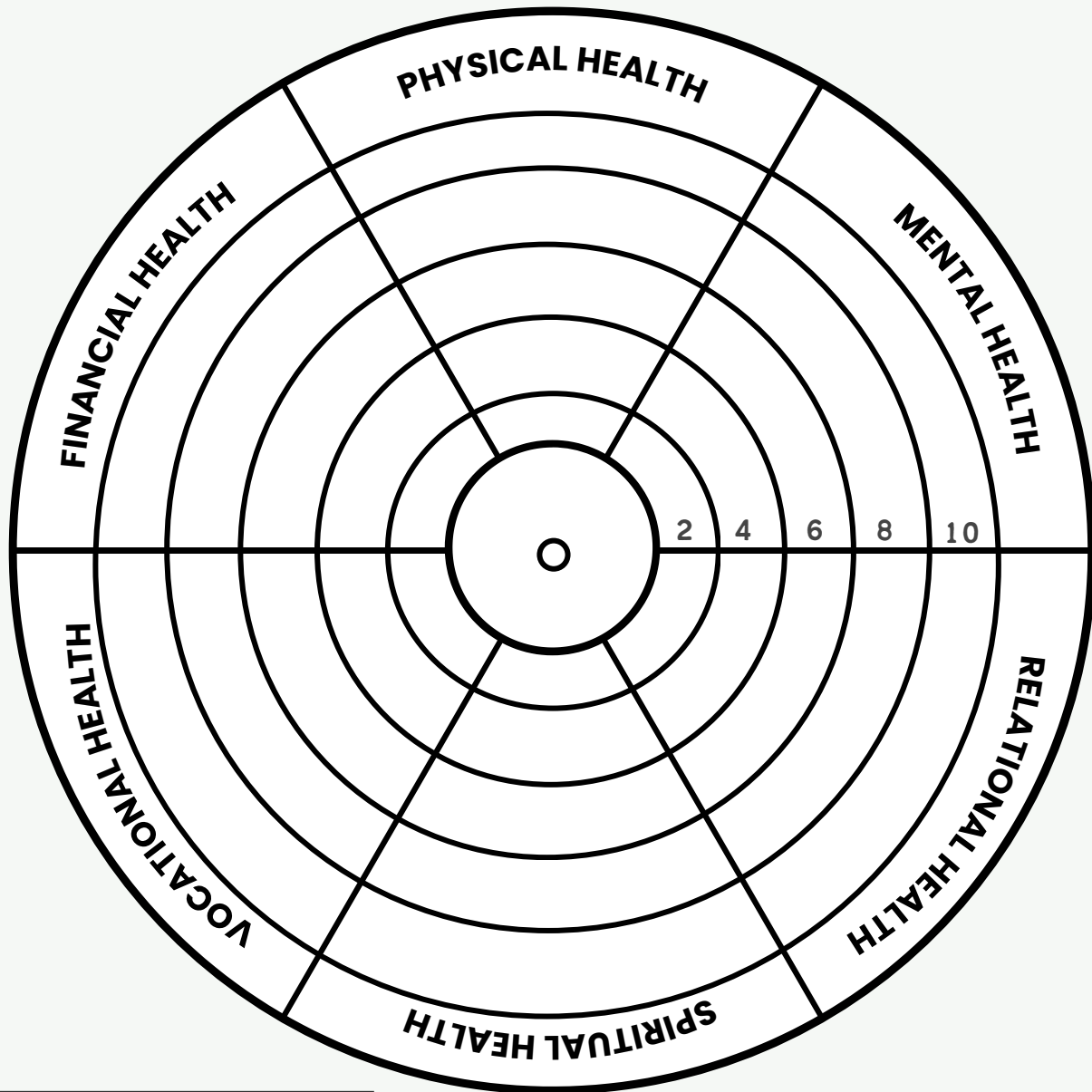
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WHEEL OF HEALTH

The wheel of health is a great tool that helps you better understand what you can do to make your life more balanced, vibrant and fruitful. Use the health scores from the previous pages to complete the wheel. What does it look like? What is the highest & lowest score?



PRIORITIES

NOTES

Progress Steps

Pick a priority area and focus on one step at a time. Start with the one that will have the greatest impact when completed. If unsure, just start with any one.

Step	Timescale	✓

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Podcast The REAP and Rise Roadmap



*Step into your purpose. Own your journey.
REAP the rewards of a life well-lived.*

Dr Catherine Muyeba