



POSITIVE EMOTIONS

What gives me positive emotions?
When do I feel most like me?



ENGAGEMENT

When do I feel in flow?
What am I doing?



RELATIONSHIPS

What are my most important and positive relationships? And how do I nurture these?

FREQUENCY

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FOCUS AREA/S

Daily

Weekly

Monthly

Rarely

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FREQUENCY

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FOCUS AREA/S

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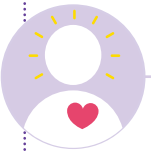
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MEANING

What are my core values?
What is most important to me?



ACCOMPLISHMENT

What does accomplishment and success mean
and look like to me at my current life stage?



HEALTH

What supports my
physical health?

FREQUENCY

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MY STRENGTHS

MY POSITIVE ENERGISERS

MY HAPPY PEOPLE

MY WAYS TO REST & RELAX

MY HAPPY PLACES

MY FEEL GOOD FOODS

MY SOURCES OF INSPIRATION

MY FAV WAYS TO MOVE

MY MINDFUL MOMENTS