

Design YOU in '22



Rank the following categories from 1 to 10 in order of importance to you (1 lowest, 10 highest):

Physical Wellness _____

Emotional Wellness _____

Intellectual Wellness _____

Spiritual _____

Career/Occupational _____

Financial _____

Social/Relationships _____

Physical Environment _____

Fun & Creativity/Leisure _____



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Rank your satisfaction level (1-10) for each category below
(1 lowest, 10 highest):

Physical Wellness _____

Emotional Wellness _____

Intellectual Wellness _____

Spiritual _____

Career/Occupational _____

Financial _____

Social/Relationships _____

Physical Environment _____

Fun & Creativity/Leisure _____

Select three areas you'd most like to focus on and improve in during 2022.



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CATEGORY 1 _____

Where I am now:

Where I would like to be:

What do I have to do to make this change?

Notes and Takeaways:



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CATEGORY 2 _____

Where I am now:

Where I would like to be:

What do I have to do to make this change?

Notes and Takeaways:



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CATEGORY 3 _____

Where I am now:

Where I would like to be:

What do I have to do to make this change?

Notes and Takeaways:



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INTENTIONS FOR THE WEEK OF JANUARY 3-9, 2022

	M	T	W	T	F	S	S
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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NOTES:

