

COACH ROZY - 30 TO A NEW YOU: MY VISION

WHAT DO YOU WANT THIS YEAR TO LOOK LIKE? Within each circle, ask yourself what is most important to you and what you can do to improve upon those areas for a more balanced life.

PHYSICAL HEALTH

MENTAL HEALTH

SPIRITUAL HEALTH

PERSONAL GROWTH

RELATIONSHIP

FAMILY/FRIENDS

CAREER

HOME

JOY/FUN

ADVENTURE/TRAVEL

COMMUNITY

FINANCES