THE BALANCED



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# Introduction WHAT IS THE BALANCED YEAR?



The goal of this journal is to help you create a balanced approach to goal setting for 2023. Traditionally, New Years resolutions look like checkboxes you have to hit throughout the year, or unrealistic expectations that more often lead to failure than success.

Our goal is for you to explore, plan, and set clear intentions for the year, by focusing on 5 key areas of life: physical health, mental health, social well-being, career, and finances.

What if your 2023 resolutions looked more like intentions than a checklist?

## Section 1

## ASSESSMENT

Let's first check in. Use the following page to briefly assess how you're doing today. Be honest with yourself.

	How will you rate the following					
	I feel good about my body	Never	Rarely	Sometimes	Always	
Ö	I exercise to keep my body healthy					
S	I get 7-8 hours of sleep every day					
	I include nutritious food in my diet					
	I feel satisfied with my physical health					

	How will you rate the following				
	I have systems in place to take care	Never	Rarely	Sometimes	Always
ENTA	I am able to cope when stressed				
	I know my triggers & coping skills				
	I can make sense of my feelings				

# Section 1 ASSESSMENT

Let's first check in. Use the following page to briefly assess how you're doing today. Be honest with yourself.

	How will you rate the following				
		Never	Rarely	Sometimes	Always
OCIAL	I spend time doing hobbies for myself				
	I have close friendships				
	I feel connected to family/friends				
	I feel connected to myself				
	I make time for relationships that matter				

	How will you rate the following				
		Never	Rarely	Sometimes	Always
CAREER	I am satisfied with my career				
	I have goals for the future in my career				
	I see upward movement in my job				
	I have mentors in place that I trust				

## Section 1

## ASSESSMENT

Let's first check in. Use the following page to briefly assess how you're doing today. Be honest with yourself.

Но	ow will you rate the following				
	nave 3x monthly expenses saved	Never	Rarely	Sometimes	Always
	eel satisfied with my income				
M	y relationship with money is healthy				
Ιp	pay my bills on time				
M	y budget is working for me				

## Section 2 LET'S GET STARTED!

Making progress! Next, reflect on your assessment. Is there any specific area that needs focus? Is there imbalance between sections? Reflect, then read below for what to do next.



Choose no more than 5 things. Include at least one thing that has been working for you that you'd like to keep doing.



- Allows you to focus on what you truly prioritize.
- Sets apart time to explore your values and how they can show up in your year.
- Keeps the focus of your year on proper alignment with your values.
- No hyper-focused goal of change--this is a journey.





## Section 3 INTENTIONS

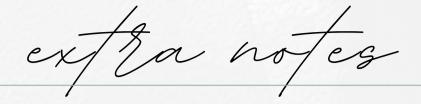
Use the following pages to brainstorm each category.

1	
PHYSICAL HEALTH	
MENTAL HEALTH	
2	
SOCIAL WELL-BEING	



## Section 3 INTENTIONS

CAREER	
	••••••
FINANCES	



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