



# My Wellbeing Intention

I WANT TO FEEL MORE...

Before starting this program, take a moment to reflect on your specific goals and intentions that brought you to The Wellbeing Codes. It is very useful to set a goal that is based on an EMOTIONAL STATE (e.g., "I want to feel more free, calm, excited, hopeful, confident, stable, certain, at ease, present, connected, abundant, joyful, loved", etc).

Then reflect on what habits, behaviours, reactions, or beliefs you are willing to let go of to achieve this goal (e.g., "I'm ready to start letting go of perfectionism, over-analysing, self-criticism, helplessness, projecting my stress and blaming others for my mood, people-pleasing, staying silent on things that bother me, numbing my emotions by self-medicating, dismissing or minimising my needs", etc)

**I WANT TO FEEL MORE:**

**SO I'M READY TO START LETTING GO OF:**



## My Vision

Write a few ideas here about the VISION you have for your life. How do you want your life to look when you fully activate wellbeing? What does your typical day look like? Your typical week? What are your weekends like? What is your relationship with your partner like? (if relevant). How are your energy levels? How are your connections with your friends and family? How do you feel about your job, your career, your colleagues and your boss, your industry or profession? When you think of your future, what do you long to have come true? What are your goals for travel, for hobbies and interests, and for your own personal sense of pleasure and enjoyment? What are your goals for the planet and future generations? What most gives you meaning and purpose?