

Areas of Focus

Review your calendar and choose three areas you want to focus on this month. Use the categories below for inspiration and let the motivational tips help you stay on track. Then fill out the second page with your focus areas, goals, and action steps.



Move

Start small and stay consistent. Even ten minutes a day builds momentum.



Eat Well

Choose progress over perfection. One healthy choice often inspires another.



Sleep

Protect your rest like an appointment. Better sleep = better everything.



Relax

You don't need an entire hour — even one mindful minute can serve as a reset.



Discover

Follow what sparks your curiosity. Purpose grows when you give it space to explore.



Maintain

Start with small changes that you can keep up with. Your future self will thank you.

My Three Areas of Focus this Month



1

Focus Area:

Goal:

Action Steps:

2

Focus Area:

Goal:

Action Steps:

3

Focus Area:

Goal:

Action Steps: