



**Balance! Health! Joy! | www.sheilawilkinson.com
Schedule Time with Sheila: www.calendly.com/smwplc**

I give myself permission to:

1. _____
2. _____
3. _____

I commit to ensuring my *physical* health by:

I commit to ensuring my *mental & emotional* health by:

I commit to ensuring my *intellectual* health by:

I commit to ensuring my *overall* health by:

My intention for _____ is:

My SMART Goal for _____ is:

My biggest takeaway from today is:

I promise myself I will: _____