



MY HAPPINESS PLAN

Going through life without a plan is like going shopping without a list; you end up with a lot of things that you don't need or want. These things take up space in your home, space that you probably don't have and every time you set eyes on these things you get frustrated, often pondering "what was I thinking?". Eventually after some time, you stop noticing that annoying item and learn to just put up with it being there.

This is exactly what happens in your life if you don't have clear goals or a vision for your future! You go through life spending time, money and effort on things, people, places and relationships that you don't really need or want in your life. Initially it will annoy, irritate or unsettle you but eventually you learn to put up with things and that's when you get stuck in a cycle!

To get some clarity, focus and vision for your future complete the happiness plan below and commit to it.

If you need help with setting clear concise and achievable life goals that will help you feel happier, healthier and stress free in life then [get in touch with me](#). I would love to help you set goals, create steps for success, remove barriers and create an amazing vision for your future.



	How do I feel now?	How would I like to feel? What is my vision?	What can I do to accomplish that vision?	What will stop me from achieving that vision?	How will I overcome these obstacles?
FAMILY					
LOVE / RELATIONSHIPS					
WORK / CAREER					



HEALTH / FITNESS					
FINANCE					
SOCIAL					


