

MENTAL WEALTH STRATEGY

WORKBOOK



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Name _____

Date _____

MENTAL WEALTH STRATEGY WORKBOOK

USE THE PROMPTS BELOW TO WRITE OUT AND START ON YOUR OWN
MENTAL WEALTH STRATEGY TODAY

1) MY GOALS

2) WHO I ADMIRE AND WANT
TO LEARN FROM

3) PEOPLE I WILL PRIORITISE
SPENDING TIME WITH

4) WHAT I WILL SAY NO TO

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5) HOW I WILL REST MORE

6) WHAT I WILL TRY AND HOW I
WILL TRACK MY RESULTS

7) THINGS I'M CURIOUS ABOUT

8) THINGS I'VE CHANGED MY
MIND ABOUT

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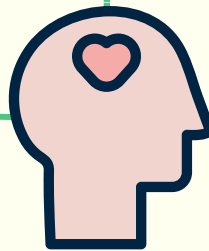
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MY BLOCKS

THINGS I KNOW WILL GET IN MY WAY

MY BOOSTS

THINGS THAT WILL HELP ME GET PAST THEM!



MY FIRST ACTIONS
WILL BE...

ANYTHING ELSE?
MAKE ANY OTHER NOTES HERE

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