

2018 Goal Setting

Toronto Wellness Centre – www.torontowellnesscentre.ca - 416-920-2722

What were my biggest accomplishments of 2017? (1) professionally, (2) relating to my relationships, (3) personally

**Step #1:
2017 Wrap up**



Even though it was really hard to go through, I know I learned a lot from...

What aspects of my life felt “out of whack” and didn’t make me happy in 2017?

What am I looking forward to in 2018?

What did I do in 2017 that made me feel my best self?

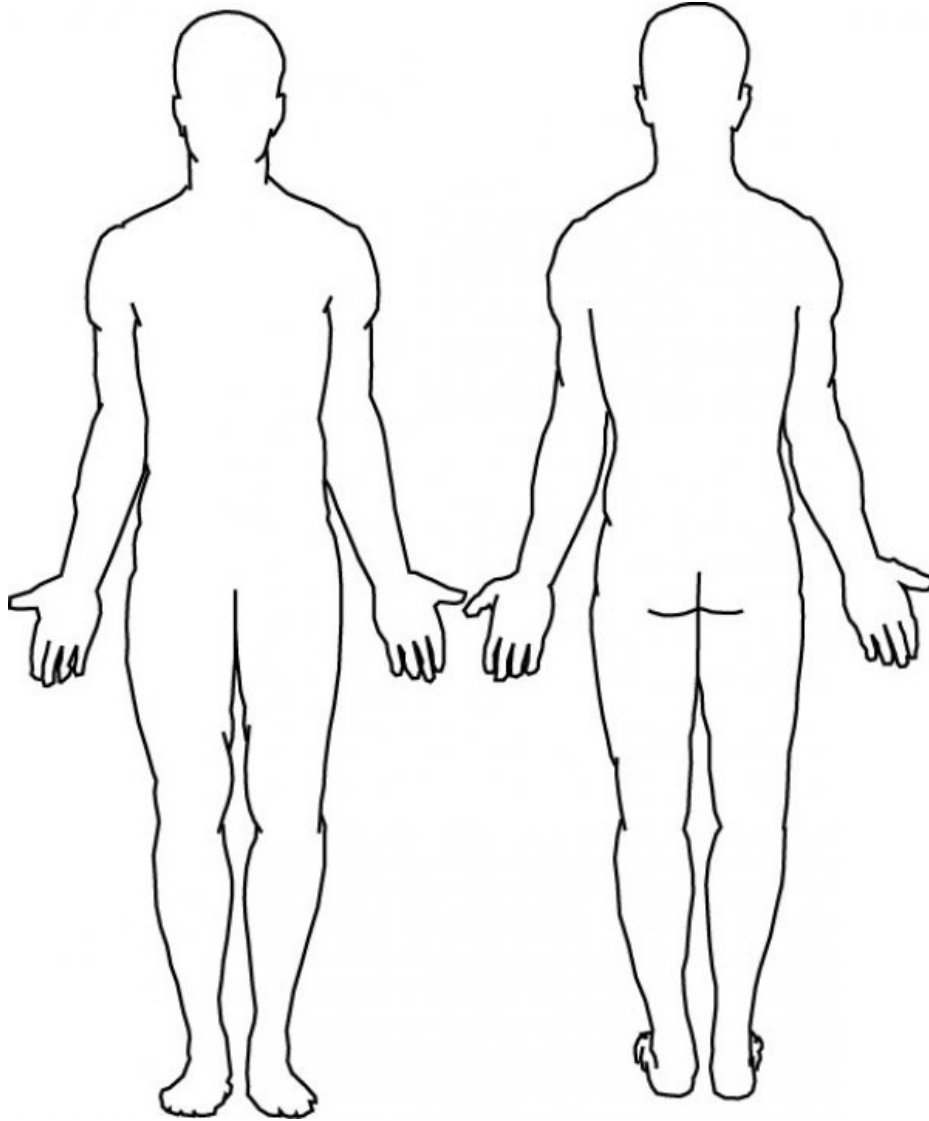
Health Promotion

Activities: (circle any that interest you, or add your own!)

- Running
- Hiking
- Ice skating
- Swimming
- Cycling
- Sailing
- Hula hooping
- Wii
- Dance
- Yoga
- Weight lifting
- Tai chi
- _____
- _____

Expert supports: we know a few great ones!

- chiropractor
- massage therapist
- psychotherapist
- life coach
- trainer
- holistic nutritionist
- naturopathic doctor



How does your body feel right now? Draw on the image above using shapes and words to describe the sensations.

What does your body need more of this year?

What does your body want less of this year?

GAME PLAN

What other expenses can you decrease in order to provide your body with these supports?

Do the MATH!

Other areas to improve in 2018 – break it into steps



Career

What are your career goals for this year?

What mentors would you like to connect with? How are you going to do this?

Conferences? Workshops? Programs? Books?

Finances

What can I do to increase my income and what can I do to reduce my expenses this year? Make a budget.

HOME is where the mind can unwind. What areas in your home need de-cluttering? Circle those that apply and then number each in priority sequence. Put a date next to each room separated equally through the year (avoiding stressful times such as tax season or holidays)

- **Your bedroom**
- **Kitchen**
- **Bathroom**
- **Laundry room**
- **Dining**
- **Office**
- **Living room**

Relationship

Areas that I wish I had more of in a current partner or future*:

- Verbal connection
- Physical touch
- Acts of service
- Receiving gifts
- Quality time

*taken from 5 love languages

Have I spoken to my partner about this? Y / N

Family

How can you help your children this year?

Do you have support you need from other family members?

What are ways you can make your family life less “crazy”?

Adventure

Places you would like to visit this year

People you would love to visit this year?



How do I make my health goals a reality?

- Connect with the practitioners at the Toronto Wellness Centre for a complimentary 15 minute consult to be sure we are the right fit for you
 - Dr. Jonathon Cartile – Chiropractor
 - Dr. Kate McLaird – Naturopathic Doctor
 - Almarielsa Cansino – RMT
 - Nick Furgiuele - RMT

Toronto Wellness Centre

12 Wellesley St W

Toronto, ON – M4Y 1E7

416-920-2722

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Brainstorming Overflow Area