



Wholeness Goals

MONTH:

BODY

physical health

☐ whole food diet:

☐ hydration:

☐ movement:

☐ other:

MIND

mental health

☐ technology:

☐ learning:

☐ relationships:

☐ other:

SOUL

spiritual health

☐ prayer/meditation:

☐ detachment:

☐ reading:

☐ other: