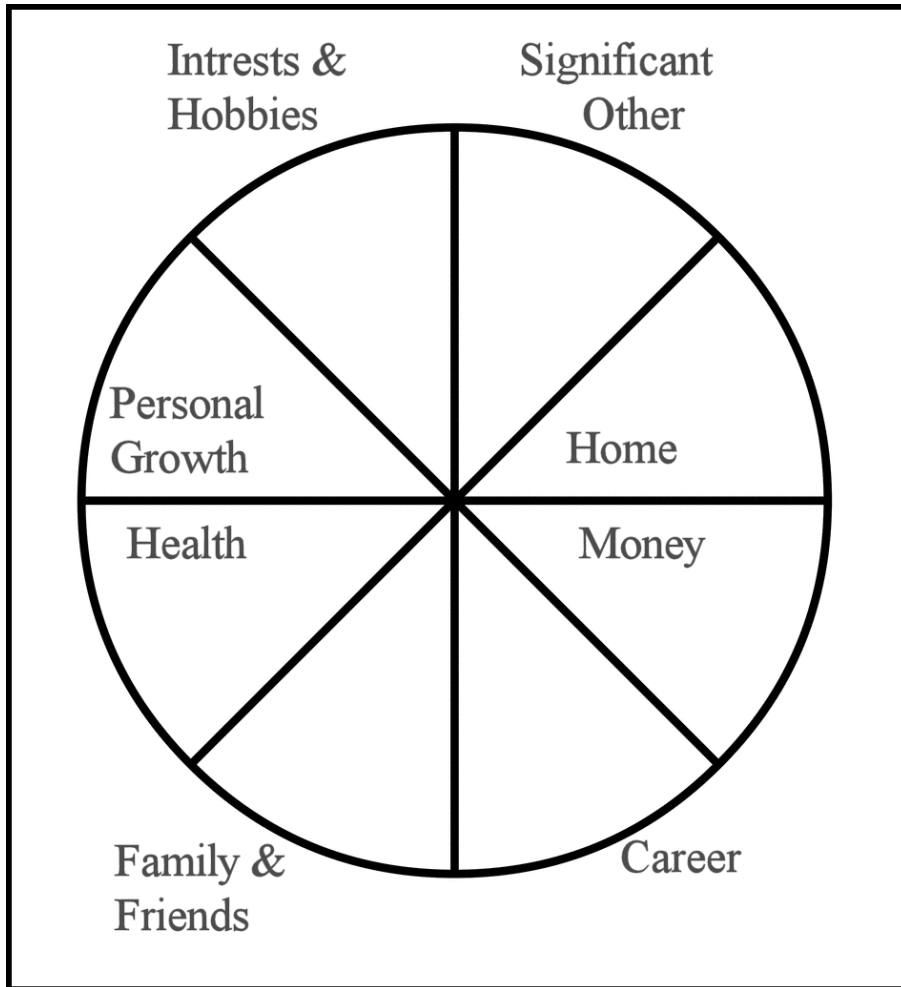


Life Satisfaction Wheel

In your own assessment put a number 1 to 10 in each segment.

Does that suggest to you any health goals you need to consider?

On the reverse side there are some topics for health goals. Maybe something here is also related to your health objectives. Only you can know.



– Better Health Plan

General Health

Nutrition

Drinks

Supplements

Exercise

Sleep

Mental Health

Eyesight and Hearing

Medical

Allergies

Employment

Sexual Activity

Social Engagement

The greatest enemy of progress is trying to be perfect. It's never perfect – So START,

Contact John Veitch on Messenger or WhatsApp or phone 021 05 33661

Test the water, ask for a 15 minute pre-coaching interview.

Website: <https://openfuture.biz>