



Reset

THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

REFLECT

WHAT ARE THE LESSONS I LEARNED?

WHAT AM I PROUD + GRATEFUL OF?

WHAT WILL I KEEP DOING?

WHAT WILL I IMPROVE?

WHAT WILL I STOP?

RESET

REASSESS

WHEEL OF LIFE

Rate each area of life in how balanced you feel it is right now by shading or marking a dot. Farthest away from the center means very well (10/10), closest to the center means this part of your life needs more care and focus (1/10).



BALANCED

What areas of my life feel balanced? Why?
What is working well?

PRIORITY

What areas of my life need more focus?
How can I make these a priority?

RESET

REALIGN

ALIGNED

What does it feel + look like to be my most aligned self?

UNSTOPPABLE

What would I do if I knew I could not fail?

WHAT IS MY DREAM LIFE?

WHAT IS MY HEART'S DESIRE?

RESET

