

HOLISTIC WELLNESS MILESTONES

NAME: _____ YEAR: 20__

PHYSICAL VITALITY

Establish a consistent 7-8 hour sleep routine

DATE

Complete 30 days of mindful movement/exercise

DATE

Maintain daily hydration goals (2L+)

DATE

MENTAL & EMOTIONAL CLARITY

Daily meditation or breathwork (10 mins)

DATE

Implement a "Digital Sunset" (No screens 1hr before bed)

DATE

Practice weekly gratitude journaling

DATE

SPIRITUAL & SOUL CONNECTION

Spend 2 hours in nature weekly

DATE

Engage in a creative hobby for pure joy

DATE

Define personal core values and mission

DATE

REFLECTIONS & INTENTIONS