

The background is white with scattered gold confetti. A large, multi-layered geometric frame made of gold lines is centered on the page. The text is centered within this frame.

Step 4 : Small Steps Forward

wellnowfitness.com

Small Steps for Success



My Goals:

Physical Wellness

1.

2.

3.

Mental Wellness

1.

2.

3.

Spiritual Wellness

1.

2.

3.



Goal IDEas:

Intellectual Wellness

1.

2.

3.

Relational Wellness

1.

2.

3.

Financial Wellness

1.

2.

3.



Goal IDEas:

Environmental Wellness

1.

2.

3.

Vocational Wellness

1.

2.

3.



Do more of what matters the most to you in order to create your best life now.



The little steps you take today lead to a transformed life tomorrow



Say thank you

For whom are you grateful?
Who has positively impacted your life?
Thank them!