

We can relate, when we take some time to look after ourselves.

Complete this milestone map to improve happiness, energy & more. Hang it on your fridge as a reminder to invest in your relationship with yourself - it's the most important one you have!

Leisure Time

E.g. Where can you carve out time for yourself?



What am I grateful for?

What do I enjoy doing?

E.g. Take time to chill and have a bath or start a new TV show.



Friendships

E.g. Make time to invest in the friendships that nourish you



Family Relationships