

MY WELLBEING GOALS - YOGA AND RELAXATION

NAME:

TEACHER:

CLASS:

DAY & TIME:

MY OVERALL GOAL IS...

I WOULD REALLY LIKE TO LEARN...

MY SMALLER GOALS TO REACH MY OVERALL GOAL ARE...

MY MOTIVATION/INSPIRATION IS...

THE MOST CHALLENGING PART ABOUT THIS JOURNEY WILL BE...

HOW I PLAN TO OVERCOME THESE CHALLENGES...

MY STRENGTHS ARE...

ADDITIONAL NOTES:

