

TRANSFORMATIVE MOVEMENT

# PLANNER

MY WELLNESS JOURNEY

# If you have started Transformative Movement programme,

it means that you want to learn how to take better care of yourself.

Whether emotionally, spiritually, physically, or otherwise, self care is an experience that must be practiced from the inside out.



So before we dig into all of these aspects through Transformative Movement, ask yourself what are the areas of your life that you want to improve? What are your personal goals for pursuing better self-care? What would you specifically like to work on to take better care of yourself ?

No matter how big or small your goals, in the next 6 months you have an opportunity to create profound changes.

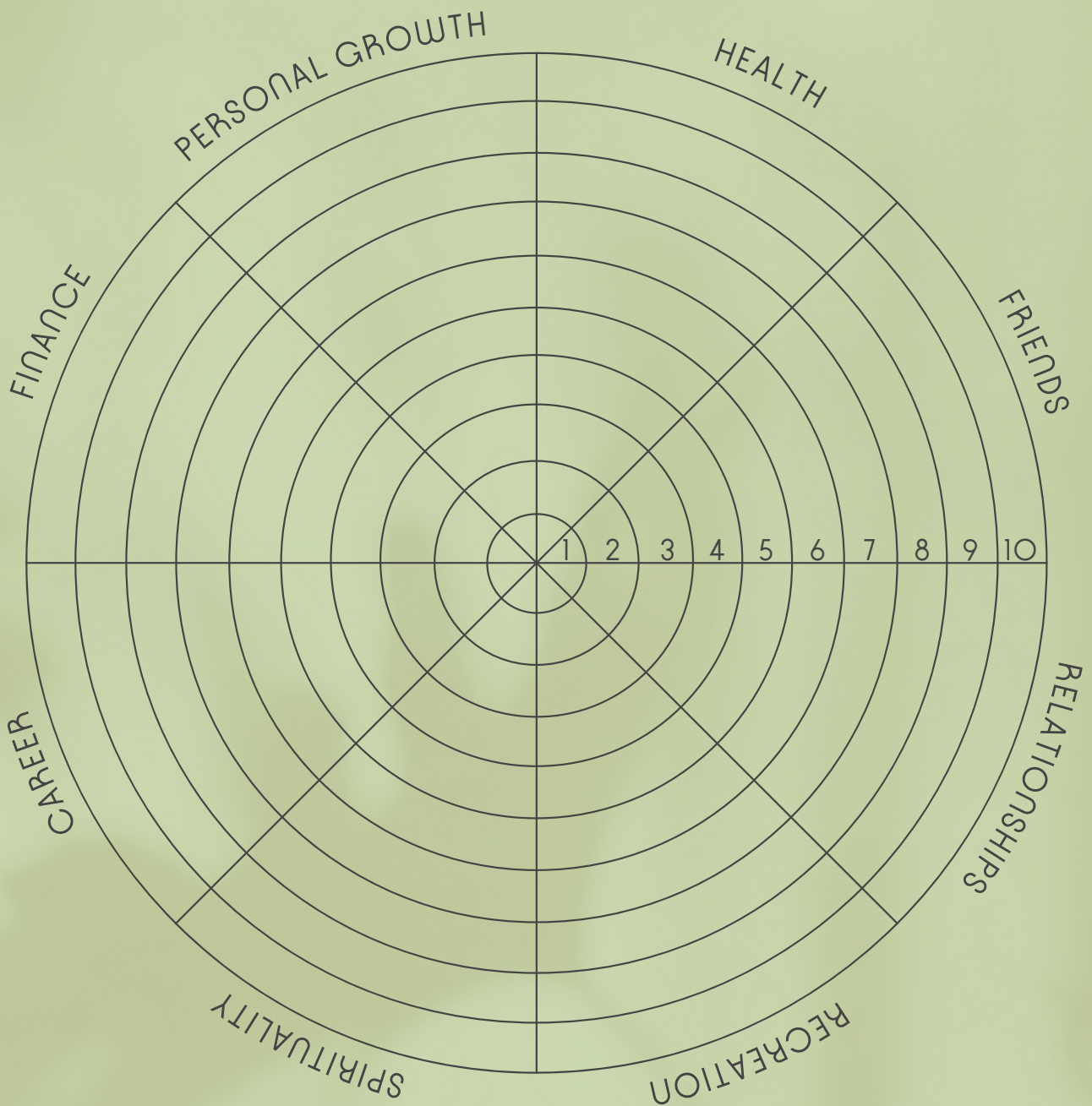
See you soon on the mat!  
With love,

*Vanessa*



# WHEEL OF LIFE

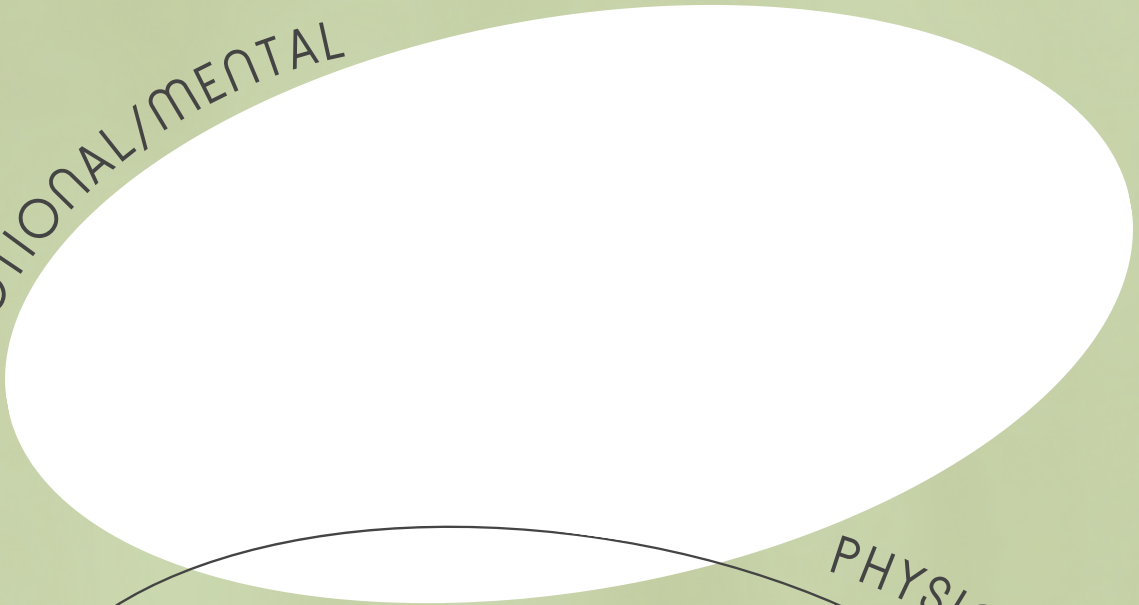
THIS IS A GREAT STARTING POINT TO IDENTIFY AREAS IN YOUR LIFE THAT ARE GOING THE WAY YOU WANT THEM TO GO OR THAT MIGHT NEED MORE CARE TO BE BROUGHT BACK TO BALANCE. THINK ABOUT THE 8 LIFE CATEGORIES BELOW AND RATE THEM FROM 1 - 10.



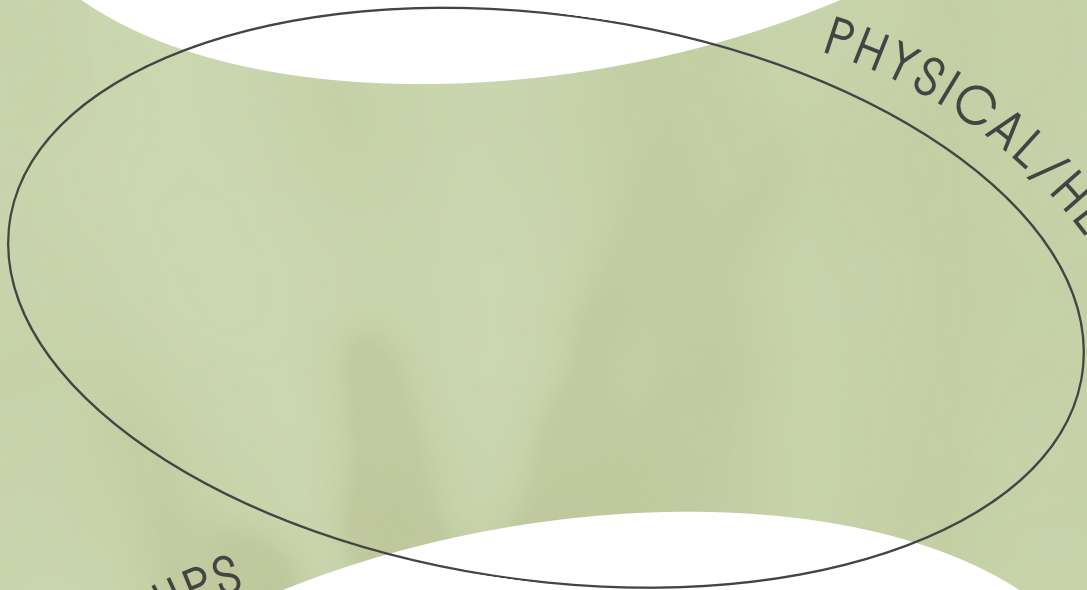


# GOALS FOR THE NEXT 6 MONTHS

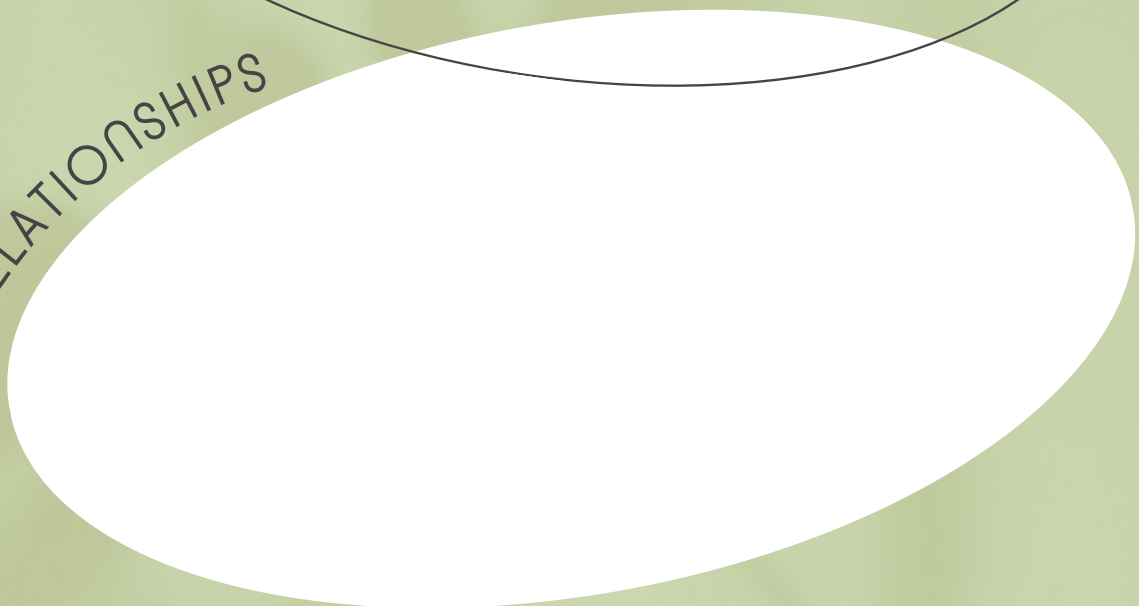
EMOTIONAL/MENTAL



PHYSICAL/HEALTH



RELATIONSHIPS



# SEPTEMBER

PRIMARY GOAL

ACTION PLAN

.....

.....

.....

.....

GRATEFUL FOR

.....

.....

.....

.....

.....

EXCITED ABOUT

.....

.....

.....

.....

.....

NOTES

.....

.....

.....

# WEEKLY CHECK IN

W/C 4TH SEPT

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 11TH SEPT

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 18TH SEPT

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 25TH SEPT

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# OCTOBER

PRIMARY GOAL

ACTION PLAN

.....

.....

.....

.....

GRATEFUL FOR

.....

.....

.....

.....

.....

EXCITED ABOUT

.....

.....

.....

.....

.....

NOTES

.....

.....

.....

# WEEKLY CHECK IN

W/C 2TH OCT

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 9TH OCT

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 16TH OCT

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 23RD OCT

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 30TH OCT

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# NOVEMBER

PRIMARY GOAL

ACTION PLAN

.....

.....

.....

.....

GRATEFUL FOR

.....

.....

.....

.....

.....

EXCITED ABOUT

.....

.....

.....

.....

.....

NOTES

.....

.....

.....

# WEEKLY CHECK IN

W/C 6TH NOV

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 13TH NOV

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 20TH NOV

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 27TH NOV

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# DECEMBER

PRIMARY GOAL

ACTION PLAN

.....

.....

.....

.....

GRATEFUL FOR

.....

.....

.....

.....

.....

EXCITED ABOUT

.....

.....

.....

.....

.....

NOTES

.....

.....

.....

# WEEKLY CHECK IN

W/C 4TH DEC

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 11TH DEC

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 18TH DEC

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 25TH DEC

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# JANUARY

PRIMARY GOAL

ACTION PLAN

.....

.....

.....

.....

GRATEFUL FOR

.....

.....

.....

.....

.....

EXCITED ABOUT

.....

.....

.....

.....

.....

NOTES

.....

.....

.....

# WEEKLY CHECK IN

W/C 1ST JAN

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 8TH JAN

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 15TH JAN

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 22ND JAN

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 29TH JAN

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# FEBRUARY

PRIMARY GOAL

ACTION PLAN

.....

.....

.....

.....

GRATEFUL FOR

.....

.....

.....

.....

.....

EXCITED ABOUT

.....

.....

.....

.....

.....

NOTES

.....

.....

.....

# WEEKLY CHECK IN

W/C 5TH FEB

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 12TH FEB

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 19TH FEB

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# WEEKLY CHECK IN

W/C 26TH FEB

TOP 3 PRACTICES I DID THIS WEEK

---

○

---

○

---

○

---

MOST INTERESTING THINGS I FELT  
IN MY BODYMIND THIS WEEK

TAKE AWAYS FROM THIS WEEK/ THINGS I  
WOULD LIKE TO REPEAT AND DEEPEN

---

---

---

---

---

---

---

---

NEXT WEEK I WANT TO

WHAT WAS THE BEST THING ABOUT  
THE WEEK?

MY RANKING OF THE WEEK



# Congratulations!

This is the perfect time to celebrate your commitment to yourself and to reassess your life and strengths with an "helicopter view".

I also invite you to take time and write down some final personal reflections, perhaps the most interesting changes you have seen in the last 6 months, how the things you have learned in the programme have been useful in your daily life, and what positive habits you want to maintain in the months to come.



I hope this is only the first step towards a lifelong journey of movement and self care!

Thank you again for your energy and dedication.

With love,

*Vanessa*

# WHEEL OF LIFE

THIS IS A GREAT STARTING POINT TO IDENTIFY AREAS IN YOUR LIFE THAT ARE GOING THE WAY YOU WANT THEM TO GO OR THAT MIGHT NEED MORE CARE TO BE BROUGHT BACK TO BALANCE. THINK ABOUT THE 8 LIFE CATEGORIES BELOW AND RATE THEM FROM 1 - 10.

