A small-change plan

Your wheel is a starting point for curiosity. Choose one area that feels important and one change that fits your actual life. A small, steady step is more useful than a dramatic plan you cannot maintain.

One area I would like to nurture:

One specific, manageable action I will try this week:

What might get in the way? What support could help?

What I will notice or track:

Date I will revisit my wheel: _____

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