

MY SPRING OVERHAUL

What I Love and want more of now

What I Love	Why I Love It	How can I have more of it	Next step

Notes:

Note:

- A. There are only 5 spaces so that you can focus on the immediate 'Loves'. You can always print out a new sheet if needed. Make a start and keep on going.
- B. Set aside some time when you will be uninterrupted. If you get stuck, ask others what they think you seem to enjoy.
- C. Stay focused on what you Love.