



W O R K B O O K

Evoking a conscious 2023

This workbook is
designed to help you
consciously reveal,
create and
magnetise your
desired path
throughout 2023

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Recalling 2022

Energies and habits of 2022 I would like to carry forward into 2023:

Energies and habits of 2022 I would like to shed as I move into 2023:

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What memory made me feel most alive in 2022?

What is my proudest achievement of 2022?

What challenges have I overcome or gained momentum on in 2022?

What challenges from 2022 do I feel I will continue to grapple with as I enter 2023?

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Conscious Check In

There are no right or wrong answers; simply respond as you see fit and see what you discover about yourself.

- Score 2 points for each 'Yes', 1 point for each 'S / Sometimes' and 0 point for 'No'.

Revisit this quiz in 12 months time and track your progress as you grow and expand throughout the year

	Yes	S	No
1. I am up-to-date with my health check-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am happy with my physical fitness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I eat well nutritionally most of the time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have plenty of sleep and feel well-rested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I take regular breaks from my work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I say "No" to others when I need to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I have forgiven my past mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I know what I am passionate about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I have things to look forward to in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your total score

What did you learn about yourself?

Mind-Body-Spirit Goals 2023



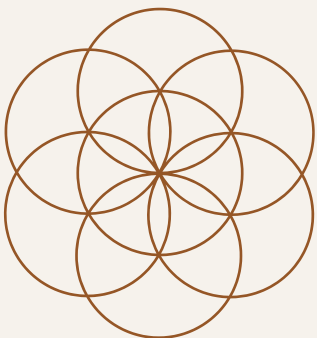
Goals for the Mind



Goals for the Body



Goals for the Spirit



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Creating a nourishing routine:

Practising self love through self discipline

What routines, habits and rituals can I bring into my daily routine to support me in achieving my goals?

What routines, habits and rituals can I bring into my weekly or monthly routine to support me in achieving my goals?

What areas of my life do I commit to checking in on regularly- and adjusting my habits as needed?

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Affirmations for 2023

These are written as statements that reflect your desired outcome in the various listed areas.

For example- if you wish to be more confident your affirmation would be "I am confident".

Affirmations help us to program our subconscious toward a certain action or goal. While you may have more than one affirmation- please choose your main focal affirmation for each area.

2023 self-development affirmation



2023 relationship/social affirmation



2023 career affirmation



2023 health affirmation

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2023 spiritual development affirmation

2023 self care affirmation



2023 emotional affirmation

2023 overall affirmation





NEED MORE INSIGHT?

1:1 empowerment
coaching sessions
available to help you
navigate a powerful
2023- and catapult
you towards the
future you deserve.

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