

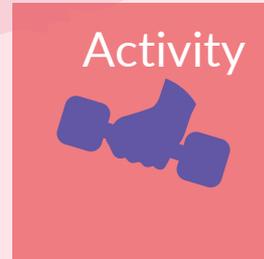
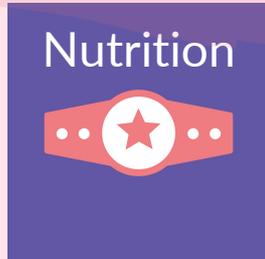
52 IN 2022 CHALLENGE!



MONTH

The SIS approach is based on 4 pillars of wellbeing.

Start each month by giving each a rating between 1 (low) to 10 (high) and note in the space below.



**EACH MONTH 4 HEALTHY HABITS WILL BE POSTED INTO GROUP.
(1 PER PILLAR). IN WEEK 1 START WITH YOUR LOWEST SCORING PILLAR AND THEN LAYER EACH WEEK UP TO YOUR STRONGEST.**

MAKE A NOTE OF YOUR PLAN AND WHAT YOU NEED TO DO TO CONSISTENTLY EMBED THE HABITS.

Only you can decide on your pace of change. Your pillars will always fluctuate, regularly reflecting on where you are at will really help you top up the areas you need to and recognise the areas that may not need as much focus.

Sometimes, you're doing better than you think you are!

The goal is that by the end of 2022 you've embedded all of the healthy habits that serve you!

48 in total will drop into group and you decide on 4 biggies for the year for you!

Let's do this ladies!