



PEP SHEET - Invest in yourself

Take a moment to listen to our #10 episode on investing in yourself and reflect on the questions:

What are things that you can do that you already know are great for you in order to invest in yourself?

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Take a moment to reflect on how you are *currently doing* and what you *could be doing* when it comes to the following self-investment strategies:

Health: (movement, PYS = Pulse, Yoga, Strength)

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Health: (nutrition)

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Special rituals:

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Social network:

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Creating special moments:

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Self-exploring "mini-breaks":

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What are 1-3 things that you can do to better invest in yourself short term?
Immediate - already starting now!

1)
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2)
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3)
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What are 1-3 things that you can do to better invest in yourself medium term?
It might require a bigger investment right now to make it happen, but will pay off long term.

1)

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2)

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3)

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How will I make sure I make the above things happen? What will help me?
Will I have a partner pepping me? How do I log my training? Shall I do a 30-day challenge?

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Other reflections:

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