



The Otway Wellbeing Centre



Healing The Whole Person



2023 HEALTH AND WELLBEING PLANNER

*Reflect, Reset, Renew and see what
incredible changes you can make to
improve your life and wellbeing today*



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Thank you so much for downloading the 2023
Health & Wellbeing Planner.

It is my heartfelt wish that you use this beautiful
guide to help you create your best possible year.

To keep it simple, I've put together a collection of
strategic questions that will help you reflect on the
lessons learned in 2022, reset your vision for 2023
and head into the new year feeling renewed and
excited about the possibilities that lie ahead. Find
some time and space for yourself, pour yourself a
cup of tea and reflect on where you've been, where
you're going and what you truly want.

Your dream career, and your ideal life, is all there
waiting for you. And I wish nothing less for you
than the world that exists in your wildest dreams.
Here's to a joyful and successful 2023.

In health and wellness - Carly Merlo (Naturopath
and owner of The Otway Wellbeing Centre)





2022

Before we dive into setting a vision for the new year, we need to acknowledge where we have been, take the best of what we learnt, and let go of what no longer serves us. To enable this process, journal around the following questions. Get real with yourself here. The deeper you go, the better you will flow into 2023.



From 2022 –

1. Write down as many accomplishments and achievements you can think of, large and small, difficult and easy that made 2022 the year it was. Think about how you can acknowledge and celebrate all you have achieved.





From 2022 –

2. What were the three best things that happened in 2022? Why did these things feel good?





From 2022 –

3. What did you learn about yourself in 2022?





From 2022 –
4. What do you need to let go of from 2022 that no longer serves you? Write down as many things that come to mind.





From 2022 –

5. Describe 2022 in four words.



6. Write down any other reflections you have on 2022 that you want to get on paper, acknowledge, and release.





2023

Renew, Reset, Dream,
Create & Change



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Choose four to six words that would describe how you want to feel and show up in 2023.

Some examples would be; grace, ease, focused, expansive, love, fun, fearless, happy, balanced, grounded, vibrant, healthy etc. Write a good list of all the feelings you would like to experience and then settle on the six that you really want to live each day.



2. What are your wildest and most hopeful dreams for the year ahead? This is the time to unhook yourself from any 'shoulds' or 'have to' thoughts and really dive deep into your heartfelt dreams and longings.





3. What does your life vision look like? Journal about each aspect that you want to have in your life this year. Think about your health, family, spirit, friendship, finances, creativity, community, work, love life. Build a vision board if you haven't already that will inspire your action and keep you on track for what you are focused on (and how you want to feel while you are doing it).





Your life vision continued...



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4. What are the top three things you want to accomplish this year in your work life? Why do they matter to you?





5. What are the top three things you want to accomplish this year in your personal life? Why do they matter to you?



6. Name three passions, hobbies or creative pursuits that you want to make a priority in 2023.

7. List three ways you will nourish and restore yourself. This could be a regular yoga class, your meditation practice, tea with your best girlfriend, a weekly bubble bath or being more mindful. Think of small things that could make a big difference.



8. What will you make more time for this year?



9. What will you say no to this year?







10. What do you really want to say yes to this year?



9. How can you improve your physical health this year?





12. How can you start your day so that you have time for your first thing in the morning? What could you do that would ease you into the day with more grace (even if it's only ten minutes before the craziness starts)?

13. What would a relaxing bed-time ritual look like?



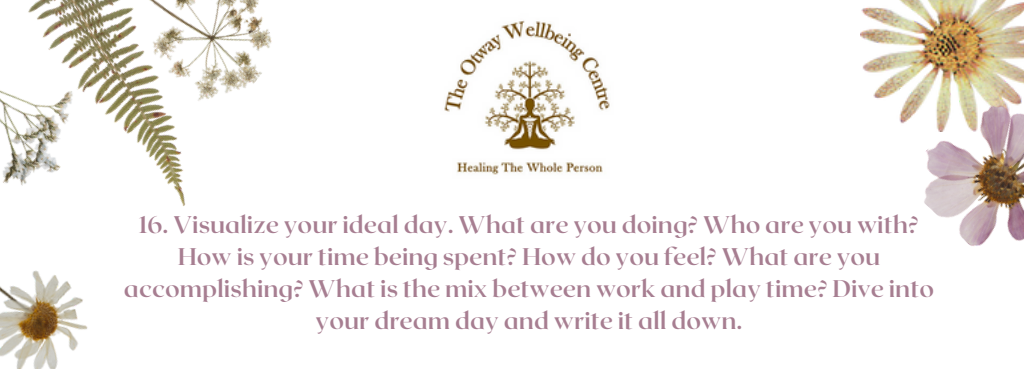


14. What does a healthy breakfast, lunch and dinner look like for you in 2023? Give one example of each meal.



15. If you really invested in yourself this year, and money, time or permission was not an issue, what would you do?





16. Visualize your ideal day. What are you doing? Who are you with?
How is your time being spent? How do you feel? What are you
accomplishing? What is the mix between work and play time? Dive into
your dream day and write it all down.



17. What's the first step you will take towards putting into action something that you've written about in this possibility planner?



17. When will you commit to taking this action?





From everyone at The Otway Wellbeing Centre we wish you the most wonderful and magical year ahead that lights you up more than you ever dreamed possible!

*Know that you can achieve anything you want to achieve.
Set your intention and move forward with courage!*

Much love, peace and wellness to you



**Naturopathic
Consultation Bookings**