










TransZen Your Life Course

GETTING READY FOR THE COURSE
WELL-BEING PLANNER

To Do List

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

-  BE KIND TO YOURSELF
-  MOVE YOUR BODY
-  TRY NEW THINGS
-  CONNECT TO NATURE
-  DRINK A WARM TEE
-  LAUGH LOTS
-  REST
-  BE
-  AND BREATHE...

*"Find your inner happiness
and go there daily..."*

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To Do List

"The best way to predict the future, is to create it!"