

NAME

DATE



**ANN VANINO COACHING**

# finding your new normal

**You have the power to create your “new normal.” Will you?**

This chart will help you reflect on the physical, mental, emotional and spiritual aspects of your life. For each of the four aspects, describe how your life was in the past, how it is now, and how you want it to be in your new normal.

PHYSICAL	MENTAL	EMOTIONAL	SPIRITUAL
<i>The past...</i>			
<i>The present...</i>			
<i>New normal...</i>			