



Make 2025 Your
HEALTHIEST
Year Yet!

Workbook



Welcome!

It's time to make 2025 your best and healthiest year yet!

Welcome! We are so happy you have decided to set yourself up for your best and healthiest year yet, this is going to be fun!

The lessons in this workbook come from Vitality360, the evidence-based, functional health platform that we created to help thousands of people to find their energy and vitality.

Together we have developed this guide as a support tool you can use throughout the year to help you gain clarity on your goals and empower you to take meaningful steps forwards in your life.

This workbook contains the four clear steps to setting up your best year yet;

- Step 1: Your personal audit of 2024
- Step 2: Developing your wellness wheel
- Step 3: Goal setting for 2025
- Step 4: A guide to results tracking

Pour yourself a cuppa, settle in somewhere quiet and cozy, and let's get started...

Amelia + Dr. Jasmina



STEP 1

Your Personal Audit of 2024

This section is all about reflecting on 2024, identifying what areas of your life have been in flow and what areas have been tough for you. We will pull out key moments to be proud of and moments to learn from.

Reflecting on your past year helps you uncover lessons, celebrate growth, and gain clarity, empowering you to create a future vision rooted in purpose and possibility.



Step 1: Your personal audit of 2024

In each of the five categories below answer these questions:

1. What were your biggest achievements in 2024?
2. What challenges did you face & how did you overcome them?
3. Does this area require extra focus for 2025?

IN THE AREA OF HEALTH & WELLNESS

IN THE AREAS OF CAREER, MONEY OR STUDY

IN THE AREA OF RELATIONSHIP, LOVE & FRIENDSHIP

 *“your challenges are trying to teach you something.”*



Step 1: Your personal audit of 2024

IN THE AREA OF FUN AND HAPPINESS

IN THE AREA OF PURPOSE, SPIRITUALITY AND MEANING

OUT OF ALL THESE CATEGORIES, WHAT DID YOU DO THIS YEAR THAT YOU'RE MOST PROUD OF?

BONUS: HOW DO YOU FEEL YOU HAVE GROWN AS A PERSON THIS YEAR?



STEP 2

Your Wellness Wheel

This section is all about understanding how balanced your life feels currently. Health and happiness encompasses the whole person, so let's zoom out and see what this looks like for you.

Uncovering your wellness wheel shines a light on the balance in your life, helping you identify where to grow and align your future vision with the vibrant life you deserve.

Complete this activity in the present tense, as a snapshot of your current life.

WELLNESS WHEEL

The wellness wheel is a tool that helps you consider what you can do to make your life more balanced. Think about the statements relating to the 8 categories below, give each area a score out 10- where 0= I don't agree and 10 = Yes this is me! Colour in the wheel up to the score.

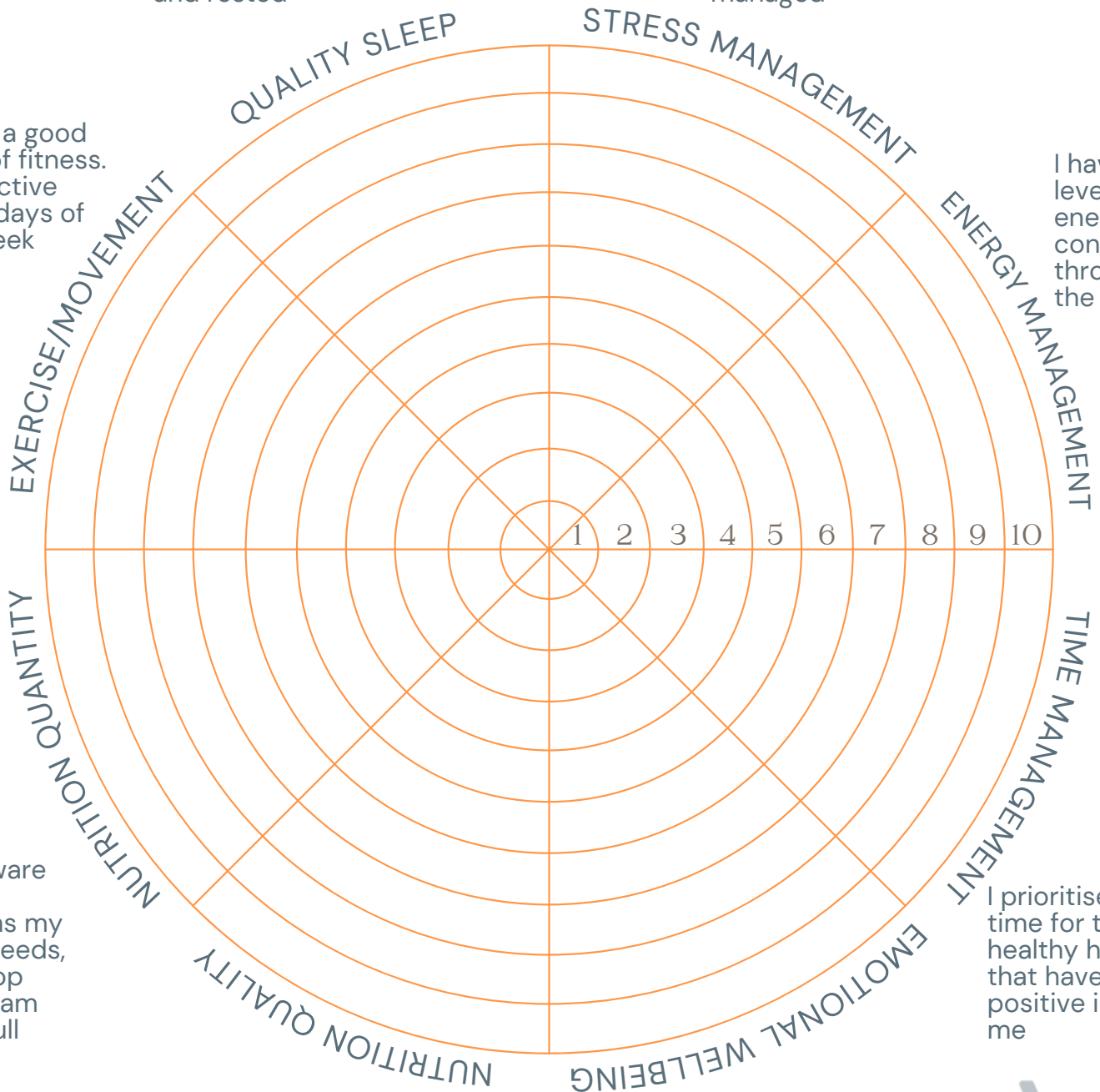
At a glance you will see where you are doing well, and areas you may like to work on.

I enjoy a good quantity and quality of sleep. I wake up feeling refreshed and rested

I feel I can manage the demands placed on me. My stress is managed

I have a good level of fitness. I am active most days of the week

I have good levels of energy consistently throughout the day



I eat a healthy diet. I choose wholefoods, have plenty of fruit and vegetables, and minimal processed foods

I have positive self talk and feel emotionally equipped to face the day





Step 2: Your Wellness Wheel – Notes

Now reflect on each segment. Why did you give yourself that score & how does it make you feel?

QUALITY SLEEP

STRESS MANAGEMENT

ENERGY MANAGEMENT

TIME MANAGEMENT

EMOTIONAL WELLBEING



Step 2: Your Wellness Wheel

NUTRITION QUALITY

NUTRITION QUANTITY

EXERCISE/MOVEMENT

WHICH AREAS DID YOU SCORE LOWEST IN? HOW DO THESE AREAS IMPACT EACH OTHER?

WHAT ARE THE 1-3 SEGMENTS YOU WOULD LIKE TO FOCUS ON FOR THE NEXT THREE MONTHS?



STEP 3

GOAL SETTING

Goal setting transforms your dreams into actionable steps, giving your life direction, purpose, and the motivation to turn possibilities into achievements.

Achieving your goals relies on setting clear, actionable intentions that give you direction and focus, while regularly revisiting them keeps you aligned, motivated, and adaptable as life evolves.

Now we've identified the 1-3 areas you would like to focus on, let's turn these into clear goals, intentions and actions!



Step 3: Goal Setting

Creating YOUR plan!

What do you want to create in your life?

In this section we are going to pick 1-3 segments of your wellness wheel that you would like to focus on over the next 3 months. We are then going to set clear goals within each segment. Make sure each goal is SMART (specific, measurable, achievable, relevant, and time-based).

THE FIRST SEGMENT I HAVE CHOSEN IS:

MY MAIN GOALS FOR THIS SEGMENT ARE:

WHAT EXCITES YOU ABOUT THE CHANGES YOU WANT TO MAKE HERE?

WHAT ARE THE BARRIERS TO ACHIEVING THIS THAT MAY COME UP?

HOW CAN YOU BEST MITIGATE THESE BARRIERS?

TURN THESE GOALS INTO 1-3 SPECIFIC WEEKLY INTENTIONS STARTING FROM NEXT WEEK. EG 'I WILL GO TO BED BY 9:30PM FOR 4 DAYS THIS WEEK'.



Step 3: Goal Setting

Creating YOUR plan!

What about doing more of what is working and less of what isn't?

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Step 3: Goal Setting

Creating YOUR plan!

Your life does not get better by chance, it gets better by change.

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STEP 4

TRACKING

This final section is a template for you to identify and record the key metrics you want to track this year. Repeat these tests between 1-4 times per year.

Tracking key markers of your health is like having a personal compass on your journey to your healthiest year yet. It gives you insight into what's working and where you can grow, empowering you to make intentional choices that align with your goals.

By staying tuned into your body's signals—whether it's emotional health, biomarkers, or body composition—you can catch imbalances early, celebrate progress, and adjust your path with clarity. Remember, what gets measured gets improved, and every small step forward is a win for your vitality, resilience, and future self.



Step 4: Tracking

My Key Health Metrics to Track

Use this template to track the key health metrics you want to focus on this year. Retest these between 1-4 times per year, recording results on this page.

	Date:	Date:	Date:	Date:
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Emotional Health: Take the online [DASS21 test](#), a standardised depression, anxiety and stress assessment

Depression score				
Anxiety Score				
Stress Score				

Biomarkers: Choose a selection of the key biomarkers you want to track & list them below

For example: LDL cholesterol Triglycerides HbA1C hCRP Ferritin Vitamin D Serum protein TSH FT4 FT3				
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Body Composition: Choose a way to track your physical health (EG Scales, DEXA, tape measurements etc)

For example: Weight Body fat % Muscle Mass Waist circumference (cm)				
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YOU DID IT!

Well done! You are soooo much closer to achieving your goals and making this year your healthiest (and best) year yet!



BUT DON'T STOP HERE.

Keep coming back to what you've written, grab another notebook or journal so that you can make journaling, and goal-setting, a regular part of your routine.

Remember: your health journey is uniquely yours and YOU have the power (and tools) to create the future of your dreams.

You deserve to have your best, healthiest year yet. You are brave enough to take the first step. You have the power to find clarity in your vision and the courage to pursue it with determination.

And when you do that, we believe this will be one of the best years of your life.

We are here for you, consider us your partners in health this year, cheering for you every step of the way.

And finally, let us be the first to remind you that we believe in you, we support you, and we know you have everything it takes to create an extraordinary year ahead.

Amelia + Dr. Jasmina



BONUS: Podcast Episodes to Inspire You

Listen to these “Healthy Her” podcast episodes which will reinforce your learning alongside this workbook to make 2025 your best year yet! They are available on Apple and Spotify:

Inspiration:

- [How to raise a happy, healthy child with Dr Norman Swan](#)
- [Energy Management: How to boost our energy to reach our goals with Lorraine Murphy](#)
- [Reinventing yourself with Judy King](#)
- [7 Habits to improve your life](#)

Longevity & Functional Health

- [Longevity TV show Special: Dr Nick Coatsworth on creating a longevity series](#)
- [How to get the most out of our smart watch with Dr Torkil Færø](#)
- [How do we know if we are in perimenopause? With Steph Lowe](#)
- [Mini Motivation: Should I consider HRT for my peri or menopausal symptoms?](#)

Weight Management:

- [Could insulin resistance be causing my stubborn weight? With Lara Briden](#)
- [The pros and cons of semaglutide \(Ozempic\) with Prof. Katherine Samaras](#)
- [Longevity TV Show: How did they lose body fat and gain muscle at the same time](#)
- [Am I insulin resistant and is Ozempic the answer?](#)



Notes
