



# Make 2026 Your Best & Healthiest Year Yet

## Workbook

 Vitality360



# Welcome!

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*“It’s time to make 2026 your best  
(and healthiest) year yet!”*

Welcome! I’m Amelia Phillips, and I am 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 functional health platform created by me and Integrative GP Dr Jasmina Dedic-Hagan.

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 2025
- Step 2: Developing your wellness wheel
- Step 3: Goal setting for 2026
- Step 4: A guide to results tracking

To maximise your insights, consider printing this workbook so you have a physical copy, or simply type your responses directly into this editable document (just remember to save your progress!). You can also print and bind at [Office Works](#) for premium version (approx \$20).

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

*Amelia + Dr. Jasmina*



A photograph of two women standing on a balcony. The woman on the left has long blonde hair and is wearing a pink sleeveless top. The woman on the right has short brown hair and is wearing a black top. Both are smiling and holding white coffee cups. The background shows a blue building and some greenery.

# STEP 1:

## Your personal audit of 2025

This section is all about reflecting on 2025, 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.



# Step 1: Your personal audit of 2025

Mark the number that best describes how you feel about each step of your life in 2025 and then explain why you feel that way.

## Health

Poor

Optimal

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHY:

## Work/Education

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHY:

## Finances

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHY:

## Partner/Key relationship

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHY:

## Family

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHY:





## Step 1: Your personal audit of 2025

Continued: fill out the sections below: Mark the number that best describes how you feel about each step of your life in 2025 and then explain why you feel that way.

### Friendships

Poor

Optimal

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHY:

### Fun/Happiness

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHY:

### Spirituality

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHY:

### Meaning & Purpose

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHY:

### Self-Love

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHY:



## Step 1: Your personal audit of 2025

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### Question 1:

**What did you learn about yourself over the past year?**

Write what you learned in each of these 5 categories:

**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 2025

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IN THE AREA OF FUN AND HAPPINESS

IN THE AREA OF PURPOSE, SPIRITUALITY AND MEANING

GO DEEPER, WHAT DID YOU DO THIS YEAR THAT YOU'RE PROUD OF?

WHAT KEY AREAS OF YOUR LIFE WOULD YOU LIKE TO BRING FOCUS & INTENTION TO IN 2026?



A photograph of three women sitting together and looking at a laptop. The woman on the left has blonde hair and is wearing a light blue sleeveless top. The woman in the middle has brown hair and is wearing a yellow short-sleeved top. The woman on the right has long dark hair and is wearing a white long-sleeved top. They are all looking intently at the laptop screen. The background is a plain white wall with a door handle visible on the left.

# 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.

# 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.





## Step 2: Your Wellness Wheel Notes

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WHICH AREAS DID YOU SCORE HIGHEST IN?

A large, empty rectangular box with a light orange background, intended for handwritten notes.

WHICH AREAS DID YOU SCORE LOWEST IN?

A large, empty rectangular box with a light orange background, intended for handwritten notes.

HOW DO THESE AREAS IMPACT EACH OTHER?

A large, empty rectangular box with a light orange background, intended for handwritten notes.

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

A large, empty rectangular box with a light orange background, intended for handwritten notes.





# STEP 3:

## GOAL SETTING

Now we've identified some areas that 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).

MY 3 SEGMENTS ARE:

1.

2.

3.

What behaviours could help you achieve these things? Brainstorm all the things you can think of! It may be things like getting more sleep, creative hobbies, or even rethinking your career/place of work. No idea is off the table!

You can use this list to help you create weekly intentions, EG 'I will go to bed by 10pm: I will read a book instead of scrolling social media; I will create a meal plan for evening meals.'

## Step 3: Goal Setting – your action plan

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 *Goals can be difficult to achieve when the plan is not clear*

It is essential that you think through all the steps, all the possible barriers, as well as how you can get around any possible challenges. You may need to consider what has to be prepared, equipment you need, conversations you need to have!

- What is the **first step**? What else would you need to do?
- What do you need to prepare e.g. get ready the night before
- **Reminders:** How will you remember to do these things? What prompts will remind you? What visual reminders will motivate you?
- **What might get in the way** (obstacles/triggers) and what is your back up plan? Identify barriers (environment, time, finances, competing priorities)
- Develop strategies to overcome them.
- What **social situations** might trigger you – how will you manage these situations/events? Who or what could support you?
- What **thoughts might get in the way** (obstacles/triggers) and what thoughts can motivate you? What do you need to say to yourself in those ‘hard’ moments?
- What **skills/knowledge** do you need?
- How will you feel when you’ve done this? Imagine the successful completion of your goals.
- How will you **track your progress**?
- How will you **celebrate your progress**?
- Who/what will help keep you **accountable**?

*For every specific weekly intention you can use the list above to help think through all the steps and prepare yourself for success!*





## Step 3: Goal Setting – Priority 1



*What do you want to create in your life?*

### Make sure each goal is SMART

Specific – get clear about exactly what you want to achieve

Measurable – How will you know when you have achieved it

Achievable – start small and build up your success and confidence

Relevant – this goal should feel resonantly meaningful and important

Time-based – Is there a deadline? when will you start?

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 – Priority 2



*What do you want to create in your life?*

### **Make sure each goal is SMART**

Specific – get clear about exactly what you want to achieve

Measurable – How will you know when you have achieved it

Achievable – start small and build up your success and confidence

Relevant – this goal should feel resonantly meaningful and important

Time-based – Is there a deadline? when will you start?

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 – Priority 3



*What do you want to create in your life?*

### Make sure each goal is SMART

Specific – get clear about exactly what you want to achieve

Measurable – How will you know when you have achieved it

Achievable – start small and build up your success and confidence

Relevant – this goal should feel resonantly meaningful and important

Time-based – Is there a deadline? when will you start?

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 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.



## Step 4: Tracking

### My Top Biomarkers to Track

USE THIS PAGE TO TRACK THE KEY HEALTH METRICS YOU WANT TO FOCUS ON THIS YEAR. RETEST THESE BETWEEN 1-4 TIMES PER YEAR

	Date:	Date:	Date:	Date:
<b>Emotional Health</b> (DASS21 Test)	Depression score			
	Anxiety Score			
	Stress Score			

**Biomarkers:** Choose a selection to focus on (ie: cholesterol, metabolic, inflammation) & list them below:


#### Body Composition:

Choose a way to track your physical health (EG DEXA, weight, tape measurements etc)

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## YOU DID IT!

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

### ***BUT DON'T STOP HERE.***

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

Remember: there is nobody else like you and the world is waiting for what only you can offer in the next year

***YOU DO DESERVE TO HAVE THE BEST (AND HEALTHIEST!) YEAR OF YOUR LIFE.***

***YOU ARE BRAVE ENOUGH TO START.***

***YOU CAN GAIN THE CLARITY TO KNOW WHAT YOU WANT.***

***YOU DO HAVE THE COURAGE TO GO AFTER IT.***

And when you do that, we promise you, 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, in case nobody else has told you yet today, let us be the first to say that we love you and believe in you and your ability to create an extraordinary year.

*Amelia + Dr. Jasmina*





## BONUS: Podcast Episodes to Inspire You

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Listen to these “Healthy Her” podcast episodes which will reinforce your learning alongside this workbook to make 2026 your best year yet! They are available on Spotify or Apple:

### Inspiration:

- [Overcoming overwhelm and the invisible load with Dr Libby Weaver](#)
- [Reimagining life after a diagnosis, with Brooke Campbell Bayes](#)
- [Olympian Jana Pittman on fear, failure and reinvention](#)
- [The Five Regrets of the Dying](#)

### Longevity & Functional Health

- [Want to reduce your cancer risk by 61%? Groundbreaking new study shows us how](#)
- [Future-Proofing Your Body with Dr Vonda Wright](#)
- [When is the right time to start HRT? With Dr Louise Newson](#)
- [Your Bone Health Wake-Up Call: Testing, training, supplements and more](#)

### Weight Management:

- [Dr Stacy Sims: Exercise strategies that actually work](#)
- [Ask Me Anything: My day on a plate. How to lose fat but not muscle. Want overhaul where to begin?](#)
- [Mini Motivation: Dr Stacy Sims on fasting, and nutrition for fat loss and muscle](#)
- [Ask Me Anything: how I got off my sugar addiction](#)





