

# GONG Planner & Charts

PLANT NEW  
POSITIVE HABITS  
for 2021



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# The 12 Houses of Life



**Take inventory of how you are doing with the 12 houses in your life right now.** With a pen draw a line to indicate your satisfaction in that area of your life. The closer to the outer edge, the more satisfied and/or balanced that arena of your life is. Alternatively, assign a number from 1 to 10, with 10 being the best. This is just one way to help you see where you may want to focus your attention in your Gong. You can also focus on those habits that have seemed out of reach for you, or maybe a combination of the two.



# My GONG Planner



Area of Life	My Gong Practice - Select 2-5
1. Individuality	
2. Assets	
3. Voice	
4. Home	
5. Fun	
6. Service	
7. Friendship	
8. Intimacy	
9. Adventure	
10. Mission	
11. Community	
12. Spirituality	

**In the space above list all Gong practices you have come up with by house.** Then circle 2 or max 3 that you will include in your first Gong. Remember that is must be things you already know how to do well, and things you want to do. You are now ready to choose your celebration!

**My Celebration:** \_\_\_\_\_

# GONG Plant New Positive Habits in 89 Days

**When planning your gong select 2-5 things to do each day.**  
For your first gong, set yourself up for success by stretching just a little bit so you are able to complete the gong and prove to yourself you can do this.

Start your gong on day 1, and check the box for each day you do your gong. If you miss a day, start over with day 1. For support join the Gong group in TrulyU Women's Circle.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	★

**Start Date:** \_\_\_\_\_  
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# GONG Plant New Positive Habits in 55 Days

**When planning your gong select 2-5 things to do each day.**  
For your first gong, set yourself up for success by stretching just a little bit so you are able to complete the gong and prove to yourself you can do this.

Start your gong on day 1, and check the box for each day you do your gong. If you miss a day, start over with day 1. For support join the Gong group in TrulyU Women's Circle.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	★				

**Start Date:** \_\_\_\_\_  
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# GONG Plant New Positive Habits in 34 Days

**When planning your gong select 2-5 things to do each day.**  
For your first gong, set yourself up for success by stretching just a little bit so you are able to complete the gong and prove to yourself you can do this.

Start your gong on day 1, and check the box for each day you do your gong. If you miss a day, start over with day 1. For support join the Gong group in TrulyU Women's Circle.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	★					

**Start Date:** \_\_\_\_\_  
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# GONG Plant New Positive Habits in 21 Days

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	★								

Don't Forget To Celebrate!

**When planning your gong select 2-5 things to do each day.**  
For your first gong, set yourself up for success by stretching just a little bit so you are able to complete the gong and prove to yourself you can do this.

Start your gong on day 1, and check the box for each day you do your gong. If you miss a day, start over with day 1. For support join the Gong group in TrulyU Women's Circle.

**Start Date:** \_\_\_\_\_  
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