

GONG Planner & Charts

PLANT NEW
POSITIVE HABITS



for a life that fits. TRULYU

TRULYU HEALTH & WISDOM
For a better you + world.

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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, a combination of the two, or what is important to you right now.



My GONG Planner



AREA OF LIFE	NEW POSITIVE HABITS
1. My Personal Power	
2. My Confidence & Assets	
3. My Voice & Message	
4. My Private Life (home + family)	
5. My Creative Expression & Fun	
6. How I Am of Service	

In the space above list all new positive habits you can come up with for houses 1-6.



My GONG Planner



AREA OF LIFE	NEW POSITIVE HABITS
7. My Close Friendships & Partnerships	
8. My Intimate Relationships (others + self)	
9. My Learning & Adventure	
10. My Mission in the Public Eye	
11. My Community & Shared Mission	
12. My Spiritual Life	

In the space above list all new positive habits you can come up with for houses 7-12.



My GONG



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New Positive Habits I Am Planting:	My Gong Practice for Each New Habit TIP! Select only 2 for your first Gong
1.	
2.	
3.	
4.	
5.	
Name:	Celebration:

From the lists on the previous pages choose 2-5 new positive habits that you will include in your Gong. Remember that it **must be things you already know how to do well**, and things you **want to do**. For your first Gong, but also for subsequent Gongs, I recommend that you include one *Health habit (under Personal Power)*, and one *Wisdom habit (under Spirituality)*, since they support basically everything else in your life. You are now ready to **choose your celebration!** Finally, decide how long your Gong will be, and set your start date!

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 and community, join the next LIVE Gong Group in TrulyU Women's Circle. For details contact info@TrulyU.com**

Start Date: _____ End Date: _____

My Celebration: _____

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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 and community, join the next LIVE Gong Group in TrulyU Women's Circle. For details contact info@TrulyU.com**

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: _____ End Date: _____

My Celebration: _____

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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 and community, join the next LIVE Gong Group in TrulyU Women's Circle. For details contact info@TrulyU.com**

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: _____ End Date: _____

My Celebration: _____

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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 and community, join the next LIVE Gong Group in TrulyU Women's Circle. For details contact info@TrulyU.com**

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: _____ **End Date:** _____

My Celebration: _____

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