

2021

My overall **theme** is...

I want to **focus** on...

MY GOALS

MENTAL HEALTH

WHEN / HOW OFTEN

WELL-BEING / SPORTS

LEARNING / CREATING

CAREER / FINANCES

OTHER GOALS

NOTES

- Feel free to add or remove categories. This list is YOURS! ;-)
- Goals are more likely to be achieved if there are measurable elements to them (e.g. do something x times / every week).
- Review progress every 3 months & re-adjust if necessary.