

My Goals for 2022 - Detailed

MONTHS: _____

Set one goal for each area, and write what concrete steps you need to take to get there.

MY RELATIONSHIPS – with myself & others

Focus area: Myself

The first step is:

Focus area: My family

The first step is:

Focus area: My friends

The first step is:

MY HEALTH – mental & physical

Focus area: Mental health –
emotional wellbeing

The first step is:

Focus area: Physical health –
food

The first step is:

Focus area: Physical health –
sleep & exercise

The first step is:

WORK/STUDIES – personal development & finances

Focus area: Finance – saving,
budgeting, increased income etc.

The first step is:

Focus area: Further training/
education, career change etc.

The first step is:

Focus area: Long-term goals –
buy a home, sabbatical, travel etc.

The first step is:
