

My Goals for 2022 - Overview of Focus Areas

MONTHS:

Set one goal (or several!) for each area, and write what concrete steps you need to take to get there.

MY RELATIONSHIPS – with myself & others

Is there something you want to change in your relationship with yourself, or family and friends?
Try to be as concrete as possible.

MY HEALTH – mental & physical

Do you want to improve or change anything in particular in regards to your sleep, diet, exercise or mental health?
Write down clear goals in your area(s) of choice.

WORK/STUDIES – personal development & finances

Are you thinking of a career change, want to upskill or retrain, or to get a certain grade in a subject?
Write down your goals – remember to keep them realistic.
