

It starts with you - Personal goals

Date: 01 Jan 2019

Expand out the points below – refer back to it regularly and update as required.

When addressing the points 1 – 12 below, be sure to consider the 4 bullet points immediately below.

- Intellectual
- Emotional
- Physical
- Spiritual

Overall Goal

To be happy and live a balanced, enriched and fulfilled life.

1. Health

2. Career

3. Financial

4. Family

5. Relationship

6. Education

7. Travel/Holidays

8. Friends

9. Interests / Hobbies

10. Community / Charities

11. Material possessions

12. Enriching experiences