

GOAL IDEAS

FOR THE NEW YEAR

Health

- ☐ Drink more water
- ☐ Do yoga
- ☐ Meditate
- ☐ Choose fresh and healthy foods
- ☐ Meal prep
- ☐ Get more sleep and rest
- ☐ Take vitamins
- ☐ Move your body more
- ☐ Get more fresh air
- ☐ Eliminate a bad habit

Mind

- ☐ Journal
- ☐ Read more
- ☐ Make a new friend
- ☐ Practice daily gratitude
- ☐ Get organized
- ☐ Become more mindful
- ☐ Surround yourself with positive people
- ☐ Try new things
- ☐ Limit screen time
- ☐ Make time for self-care
- ☐ Choose a daily affirmation

Financial

- ☐ Create a budget & stick to it
- ☐ Track spending
- ☐ Pay off debt (smallest first)
- ☐ Plan for fun

- ☐ Start an emergency fund
- ☐ Save for retirement
- ☐ Cut unnecessary spending
- ☐ Do a no-spend challenge for a month
- ☐ Calculate your net worth
- ☐ Save for a specific goal

Work & Career

- ☐ Learn a new skill
- ☐ Update your resume
- ☐ Find a mentor
- ☐ Look at your work-life balance
- ☐ Attend a networking event
- ☐ Master a productivity habit
- ☐ Become an expert in your field
- ☐ Reach a leadership position
- ☐ Apply for a promotion
- ☐ Develop your communication skills

Family

- ☐ Cook together
- ☐ Eat together
- ☐ Volunteer as a family
- ☐ Save for something specific together
- ☐ Learn a new skill

- ☐ Play more games
- ☐ Go on a trip
- ☐ Do boardgame/movie nights
- ☐ Read together
- ☐ Spend quality time together without technology

Friendship

- ☐ Show support
- ☐ Make time to listen
- ☐ Compliment each other
- ☐ Work out together
- ☐ Do something new together
- ☐ Have deep conversations
- ☐ Be understanding
- ☐ Don't be overly critical
- ☐ Give them time for their own life
- ☐ Don't take each other for granted

Personal Development

- ☐ Keep learning
- ☐ Find a mentor
- ☐ Define your core values
- ☐ Attend seminars
- ☐ Discover your strengths
- ☐ Develop a positive attitude
- ☐ Stop procrastinating
- ☐ Wake up early
- ☐ Be more proactive
- ☐ Let go of the past