

# Discover your **BEST SELF** in 2022

Write your goals under each of the following headings

## **HEALTH**

Exercise, Nutrition, diet, relaxation, spiritual development, programmes, detox, weightloss, sleep etc.

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## **FINANCIAL**

Minimise credit card use and debt, pay off home loan, purchase new items, increase wage, save more, save for a holiday, create a budget, invest, contribute to super etc.

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## RELATIONSHIPS/FAMILY

Date night, family Sundays, holidays, family goals, new projects, new experiences.

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## CAREER/PROFESSIONAL

Are you doing what you love, new roles, taking classes, teaching, seminars, procedures and systems.

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**Little by little,  
one travels far.**

— J.R.R. Tolkien

