

## Key Areas to focus on

### Health

1. Eating more healthily
2. Doing more exercise
3. Drinking less alcohol
4. Drinking more water
5. Smoking less
6. Giving up other harmful addictions
7. Sleeping less
8. Sleeping more

### Career

9. Working more consistently
10. Working harder
11. Working less
12. Starting studies
13. Asking for promotion
14. Finishing tasks
15. Taking on challenges
16. Volunteering for tasks
17. Get a new job

### Inter-personal skills

18. Be more extrovert
19. Be less arrogant
20. Listen more
21. Be more open to diverse opinion
22. Volunteer my service/knowledge more
23. Be more confident
24. Say no more often
25. Say yes more often
26. Take some risks
27. Be more positive
28. Don't be so judgemental
29. Be more patient
30. Get more involved in the community
31. Be more proactive

## Key Areas to focus on

### Wealth

32. Save more
33. Ask for an increase
34. Get a second income
35. Start a budget
36. Plan for the future
37. Reduce my debt

### Family

38. Spend more time with my family as a whole
39. Make more quality time within the family
40. Attend more of my kids' sports matches
41. Spend more time with my (insert individual person here)
42. Reconnect with (insert individual person here)
43. Get more organised in the home
44. Get the kids to work with me as a team
45. Take time out specifically for my teenager
46. Include my nieces and nephews on BBM/Whatsapp etc
47. Have a TV free night
48. Start eating at the table
49. Invite family over once a month
50. Improve communication within our family