

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