



This month's goals

AREAS OF YOUR LIFE YOU WOULD LIKE TO FOCUS ON

There are many variations of the 'wheel of life'. This is just a snapshot to get you started. Feel free to add or remove focus areas as you see fit.

Reflect on each focus area - where are you at right now in that area? What's your goal for each of these areas? What is an achievable habit you'd like to start doing to get there? Write, draw, scribble...do what works best for you.

Good luck! Have fun with this exercise. xx

HEALTH ☆☆☆☆☆

Your nutrition, exercise and mental health...

FINANCES ☆☆☆☆☆

The next big thing you're saving for or aiming to achieve...

RELATIONSHIPS ☆☆☆☆☆

Family and friends..

FUN & HAPPINESS ☆☆☆☆☆

Hobbies, things you do for fun...

WORK BALANCE ☆☆☆☆☆

Balancing your work/career and personal life...

PERSONAL TIME ☆☆☆☆☆

Your self care...

GIVING BACK ☆☆☆☆☆

Your contribution back to your local community...

... ☆☆☆☆☆

Choose a theme you'd like to focus on this month...