**Firstly, I categorised the different aspects or focuses of my life so I didn’t get overwhelmed.
(e.g. Work/Career, Relationships, Children, Health/Fitness, Finances, Personal passions, Travel, Properties, Business…)**

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| Focus Areas | Keywords 2018 |
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 **Now it’s time to *GET SPECIFIC!*** For each focus area I wrote down around 3-4 specific goals, set deadlines for what I want achieved and what my next steps are to achieving it…

**Focus Area: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: e.g: Travel/Experience**

* **Save $\_\_5000\_\_\_ by \_\_\_July\_\_\_\_ to go to Prague.**

**Have $\_\_\_\_\_ saved by each quarter of the year (30/3, 30/6…)
*Next step*: Read the Barefoot Investor- Scott Pape & create a budget that works for you…**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**For those goals that aren’t measurable I relate to a feeling or place I want to feel/be in and what new habit I want to form to help get there.**

**Focus Area: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: e.g: Health & Mental Wellbeing**

* **Feel more balanced and mentally consistent- more in control of mood and emotions.
*New habit* I want to create: e.g. Watch the sunrise/set, keep a gratitude journal, do daily exercise/mountain climbs, yoga, meditation….**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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