

# 2018 Goals



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...)

Focus Areas	Keywords 2018

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...
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

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....
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

