

# GOAL IDEAS

## FOR THE NEW YEAR

### Health

- Drink more water
- Do yoga
- Meditate
- Choose fresh and healthy foods
- Meal prep
- Get more sleep and rest
- Take vitamins
- Move your body more
- Get more fresh air
- Eliminate a bad habit

### Mind

- Journal
- Read more
- Make a new friend
- Practice daily gratitude
- Get organized
- Become more mindful
- Surround yourself with positive people
- Try new things
- Limit screen time
- Make time for self-care
- Choose a daily affirmation

### Financial

- Create a budget & stick to it
- Track spending
- Pay off debt (smallest first)
- Plan for fun

- Start an emergency fund
- Save for retirement
- Cut unnecessary spending
- Do a no-spend challenge for a month
- Calculate your net worth
- Save for a specific goal

### Work & Career

- Learn a new skill
- Update your resume
- Find a mentor
- Look at your work-life balance
- Attend a networking event
- Master a productivity habit
- Become an expert in your field
- Reach a leadership position
- Apply for a promotion
- Develop your communication skills

### Family

- Cook together
- Eat together
- Volunteer as a family
- Save for something specific together
- Learn a new skill

- Play more games
- Go on a trip
- Do boardgame/movie nights
- Read together
- Spend quality time together without technology

### Friendship

- Show support
- Make time to listen
- Compliment each other
- Work out together
- Do something new together
- Have deep conversations
- Be understanding
- Don't be overly critical
- Give them time for their own life
- Don't take each other for granted

### Personal Development

- Keep learning
- Find a mentor
- Define your core values
- Attend seminars
- Discover your strengths
- Develop a positive attitude
- Stop procrastinating
- Wake up early
- Be more proactive
- Let go of the past