

Ideas.

Anything you would like to do next year.

What would I like to change about myself?

Anything you would like to change about yourself - dress more smartly, lose weight etc

What would I like to change about my lifestyle?

Move house, eat more healthily, begin a regular fitness routine etc.

What would I like to change about the way I work?

Learn new software, become a remote worker etc.

What can I do to challenge myself?

Anything you would like to do that the thought of frightens you but at the same time excites you.

Goals

What do you want to achieve next year?

Bucket List

What can I do from my bucket list next year?