









2025 GOALS

We believe setting clear and achievable goals is vital for our wellbeing and personal growth. Goals help give us a clear sense of direction and purpose amidst the fast paced world we live in. They also help us prioritise what truly matters, focusing on meaningful pursuits and avoiding distractions! By breaking them into milestones, you build a mindset of motivation and turn aspirations into results, creating a fulfilling and positive impact on all areas of your life.

Use this tool to plan and track your progress across the year – *you've got this!*

PHYSICAL ACTIVITY 	1
	2
	3
MENTAL FITNESS 	1
	2
	3
NUTRITION 	1
	2
	3
SLEEP 	1
	2
	3
FAMILY 	1
	2
	3
SOCIAL CONNECTIONS 	1
	2
	3
PERSONAL DEVELOPMENT 	1
	2
	3
FINANCIAL MANAGEMENT 	1
	2
	3



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