



## **Exercise: Setting goals**

1. What goals would you like to achieve in the next six months? Be specific. Look through the following list to get some ideas.

- Health and fitness
- Hobbies and leisure activities
- Friendships
- Family – children and extended
- Financial planning
- Career or education
- Holidays/vacation
- Community service/volunteer work

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2. What action do you need to take to achieve your goals? Be specific and break down each into smaller steps.

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