

Checklist for Goals for the New Year

It's a New Year, filled with the excitement of all that will be, potential challenges along the way, lessons to learn, opportunities to pursue, possibilities to consider, and new experiences.

To ensure you are clear about what you want for yourself for the year ahead and to support you in staying on track towards achieving our desired outcomes, take a moment and give some thought to the following checklist, to get you started and place you in the right direction:

- Have you got 3 personal goals you want to achieve this year?
- Have you got 3 business or career goals you want to achieve this year?
- Have you shared your goals with your life partner, a great friend or a mentor?
- Have you got a clear idea of how you are going to pursue your passions this year?
- Do you know what you need to ignite in your life, in order to become the person capable of achieving your personal and professional goals?
- Do you know what you need to cease in your life, in order to become the person capable of achieving your personal and professional goals?
- Do you know what you need to do more of in your life, in order to become the person capable of achieving your personal and professional goals?
- Do you know what you need to do less of in your life, in order to become the person capable of achieving your personal and professional goals?
- Have you got a clearly defined focused for the next 30 days?
- Do you know what you need to do to recharge your batteries, in order to be energised to face challenges and take advantage of opportunities?

If this year was going to be the best year of your life, so far, what do you need to do?