DATE _____

100 personal *goal ideas.*

Ten for each area of life. Mark the ones that pull at you; cross out the ones that belong to someone else.

I Health and fitness

- ◯ Run 5 km without stopping
- ◯ Walk 8,000 steps a day
- ◯ Strength train twice a week
- ◯ 10 push-ups in a row
- ◯ Cook dinner at home 5 nights a week
- ◯ Vegetables with two meals a day
- ◯ In bed by 11 on weeknights
- ◯ Swim 1 km without stopping
- ◯ Book a full checkup
- ◯ Touch your toes by May

II Mind and well-being

- ◯ A phone-free walk, 5 days a week
- ◯ Meditate 10 minutes a day
- ◯ One line a day for 90 days
- ◯ No screens after 9 p.m.
- ◯ One full day off every week
- ◯ Two hours outdoors every weekend
- ◯ Read for fun before bed
- ◯ News twice a day, not all day
- ◯ Say no once a week
- ◯ Start therapy

III Family and relationships

- ◯ A date night every month
- ◯ Call your parents every Sunday
- ◯ Family dinner 4 nights a week
- ◯ Time one-on-one with each child
- ◯ A weekend away, just you two
- ◯ The conversation you keep putting off
- ◯ Visit family far away twice
- ◯ A card for every family birthday
- ◯ Write down five family recipes
- ◯ A Sunday walk together

IV Friends and community

- ◯ Host a dinner every month
- ◯ Reconnect with three old friends
- ◯ Join a weekly club or class
- ◯ Say yes to two invitations a month
- ◯ Volunteer 4 hours a month
- ◯ Make one new friend
- ◯ Get the neighbors together
- ◯ Reply within two days
- ◯ Give 1% to one cause
- ◯ Mentor someone for six months

V Career and work

- ◯ Earn a certification
- ◯ Lead a project start to finish
- ◯ Ask for feedback after each project
- ◯ Leave on time 4 days a week
- ◯ Ask for a raise, with a case
- ◯ Give one talk this year
- ◯ Email in two blocks a day
- ◯ Coffee outside your team, monthly
- ◯ Update your résumé
- ◯ Master one tool your team uses

How to use this list

Read every line once and mark the ones that make you sit up a little. Don't judge yet.

Cross out what you'd only do because someone expects it.

Turn over, then choose one to three.

Then pick *one to three.*

More than three and some get no time at all. Pick the ones you'd want even if nobody ever knew.

VI Money

- ◯ Save three months of expenses
- ◯ Pay off a credit card
- ◯ Automatic savings on payday
- ◯ Track every expense for 30 days
- ◯ Cancel unused subscriptions
- ◯ Invest a fixed amount monthly
- ◯ Takeout once a week
- ◯ Save for a summer trip
- ◯ A one-page monthly budget
- ◯ Do your own taxes

VII Learning and skills

- ◯ A 20-minute talk in Spanish
- ◯ Read 24 books this year
- ◯ Finish an online course
- ◯ Cook 10 dishes without a recipe
- ◯ Type 60 words a minute
- ◯ Take a first aid course
- ◯ Play five songs on the guitar
- ◯ Build one small app or site
- ◯ Do five home repairs yourself
- ◯ Pass your driving test

VIII Creativity and hobbies

- ◯ 300 words, 5 mornings a week
- ◯ Finish a short story draft
- ◯ One photo a day for a year
- ◯ Fill a sketchbook
- ◯ Knit a scarf
- ◯ Grow herbs on the windowsill
- ◯ Record six podcast episodes
- ◯ Build a piece of furniture
- ◯ Show your work in public once
- ◯ A photo book of the year

IX Home and surroundings

- ◯ Make a reading corner
- ◯ Declutter a room a month
- ◯ Make the bed every morning
- ◯ Sort the paperwork
- ◯ Grow tomatoes on the balcony
- ◯ Cut the energy bill by 10%
- ◯ Fix five small annoyances
- ◯ Let go of 100 things
- ◯ Move somewhere with a garden
- ◯ Repaint one room

X Fun, travel and adventure

- ◯ Two places you've never been
- ◯ Walk the last 100 km of the Camino
- ◯ One new thing every month
- ◯ See the northern lights
- ◯ Two weekends away
- ◯ Go camping three times
- ◯ Learn to surf
- ◯ 12 live shows this year
- ◯ A week with no work email
- ◯ Something that scares you, each season

My one to three

1 _____

2 _____

3 _____

Make each one specific: a number, a deadline, a first step this week.