

My Goals for 2021

HEALTH & WELLNESS (self-care, exercise, deep breathing, emotional needs)

FINANCES (emergency fund, budgeting, paying off debt)

PERSONAL GROWTH (take a course, new skills, read)

WORK (getting organized, being more efficient, reevaluating your job/career)

HOBBIES/PASSIONS (invest time, try a new one)

SPIRITUAL (prayer, connecting with nature, meditation, focus on inner peace)