# Areas for goal setting

# Work and Money

- Make a list of jobs you'd like to do (if not working)
- Find out what you need to do/ requirements you need for jobs you want
- · Start applying for work
- Change careers if unhappy or stressed in a previous/current job.
- Start budgeting
- Start saving money
- · Pay bills/debts
- · Get financial advice.



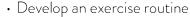
### Family/Friends

- · Reconnecting with family and friends
- · Spending more time with partner or children
- Seeing extended family more often
- Spending more time with current friends
- · Making an effort to make new friends



# Health and Wellbeing





- Start exercising
- Try a new sport.









#### **Cultural**

- Connect or reconnect with Country
- · Find a cultural group to go to
- Talk to your Elders about culture and the past

#### Creative/artistic

- · Learn a musical instrument
- Start a hobby painting, writing, gardening, etc.
- · Join a club or group.

# Study

· Start or finish a course

## Spiritual

- Show more compassion to yourself or others
- Practice Deep Listening / Learn to meditate
- · Practice relaxation techniques.





