

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 eating healthily and regularly
- Develop an exercise routine
- 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.