

MIND MAP FOR GOAL SETTING



Personal Growth

- Pursue new hobby
- Read more books
- Attend self-help seminars
- Write personal blog posts



Education

- Take online courses
- Join workshops
- Find TED Talks, Podcasts
- Teach others



Public Service

- Volunteer locally
- Support a cause
- Attend council meetings
- Fundraise for charity



Attitude

- Practice affirmations
- Reflect daily
- Cultivate gratitude
- Embrace challenges



Health

- Exercise regularly
- Eat mindfully
- Practice meditation
- Prioritize sleep



Wealth

- Create budget
- Start investing
- Cut expenses
- Increase savings



Career

- Learn new skill
- Network more
- Update resume
- Seek mentorship



Family & Friends

- Schedule family time
- Organize friend meetups
- Plan reunions
- Start traditions

