

# instructions and inspiration

## personal goals wall planner

- cut the following papers into halves using the dotted line.
- stick the papers onto your wall in the arrangement of your choosing.
- grab some **sticky notes** and start adding your aspirations and plans.
- below are a few prompts to get started.

**what do you aspire to make real?** what creation of yours could you be proud of? **remind yourself of your ambition, and start new ones!**

**you're made of what you eat!** give yourself good food, then you can be your good self. **find some great new healthy foods!**

**note down how you would like to grow relationships.** how could you keep it special? **think about what you need to do.**

**how could you build your connections?** would there be any communities or events to join? **keep updating your progress here!**

**getting moving, gets you moving.** just go one small step at a time. **set yourself some comfortable goals! keep moving at your pace.**

**are you confident with what you are?** what's the next step to define your personal identity? **what makes you feel like you?**

**work makes life work.** how could you serve more efficiently? **find some ways to optimise your work.**

**skills allow you to create your ideas.** how could you upgrade your skill-kit? **try and aim towards learning new skills!**

**the most important thing to improve is yourself.** what kind of person do you want to be? **try some self reflection!**

**money isn't everything, but it buys freedom.** how could you use your money right? **set some monetary goals.**

**a comfy home is your place to be.** does your nest need any work? **note down some home improvements, goals or ideas here!**

**everyone enjoys someone who's great to be around.** how could you be great to be around? **don't be afraid to change for the better.**

# Portfolio

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# Connections

**Diet**

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**Exercise**

# Relationships

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# Identity

# Work

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# Income

# Skills

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# Housing

# Personality

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# Social