

Year of Personal Growth

MIND – Mental

- Learn your learning style
- Set goals
- Increase productivity
- Plan daily and weekly

MIND – Career

- Do a swot analysis to assess strengths and skills
- Update resume
- Choose a resume format
- Prepare answers to top job interview questions
- Develop work skills

MIND – Finance

- Budget & track bills
- Organize important files
- Set up a bill paying system
- Check credit report & spend wisely

BODY – Physical

- Track diet
- Make healthy food choices
- Choose & schedule regular exercise
- Practice the Relaxation Response & deep breathing

BODY – Recreation

- Choose the best activities
- Make quality recreation a priority
- Keep a screen time log
- Chart energy levels

BODY – Organization

- Declutter
- Set up storage
- List repeating tasks
- Plan menus and meals

HEART – Relationships

- Learn love languages
- Do a needs analysis
- Check your listening skills
- Don't wait, Relate

HEART – Emotional

- Identify feelings
- Understand connection between thoughts & feelings
- Express with I statements
- Choose love, manage anger

HEART – Social

- Communicate well
- Share - volunteer
- Uplift - acts of kindness
- Develop your self-esteem

SOUL – Character

- Be authentic
- Develop character
- Create something
- Choose responsibly

SOUL – Purpose

- Uncover Hidden Talents
- Map your values
- Your Unique Selling Proposition
- Create a vision board

SOUL – Spirituality

- Keep a gratitude journal
- Practice the Four Agreements
- Examine beliefs
- Practice meditation