Setting Goals for the year

Remember to set small goals to work towards bigger goals and stop doing so much.

Reflect on the goal especially when you've not achieved them and what can you change, to complete them.

Plan, plan, by using a notebook or document that you can print off to plan or use planner programmes like Notion.

Decide if you want to set daily, monthly, yearly, quarterly or seasonally.

Do what suits you and your lifestyle my word for the year

When I set goals now I do it seasonally and use notion but also I write a journal and create vision boards on Pinterest, Canva and notion.

Set out some ways to help you stay focused by focusing on what is important to you and do it for you, not for others but help them to set goals by setting your own.