



## New Year 2021 – New You!

Goal Sheet Question Checklist (<https://d112tm.org.nz/wp-content/uploads/2021/01/New-Year-New-You-Member-Goal-Workbook.pdf>)

What are you trying to achieve?	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
What are your habits and what do you want to change?	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
What have you achieved in life?	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
What are your skills and talents?	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
Do you live in the moment?	<ul style="list-style-type: none"><li>•</li><li>•</li></ul>
What do you value the most?	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>