

DISCOVER YOUR

best self

IN 2020

Write your goals under each of the following headings

HEALTH

Exercise, Nutrition, diet, relaxation, spiritual development, programmes, detox, weight loss, sleep etc.

FINANCIAL

Minimise credit card use and debt, pay off home loan, purchase new items, increase in wage, savings plan, holiday savings plan, budget, investments, super etc.





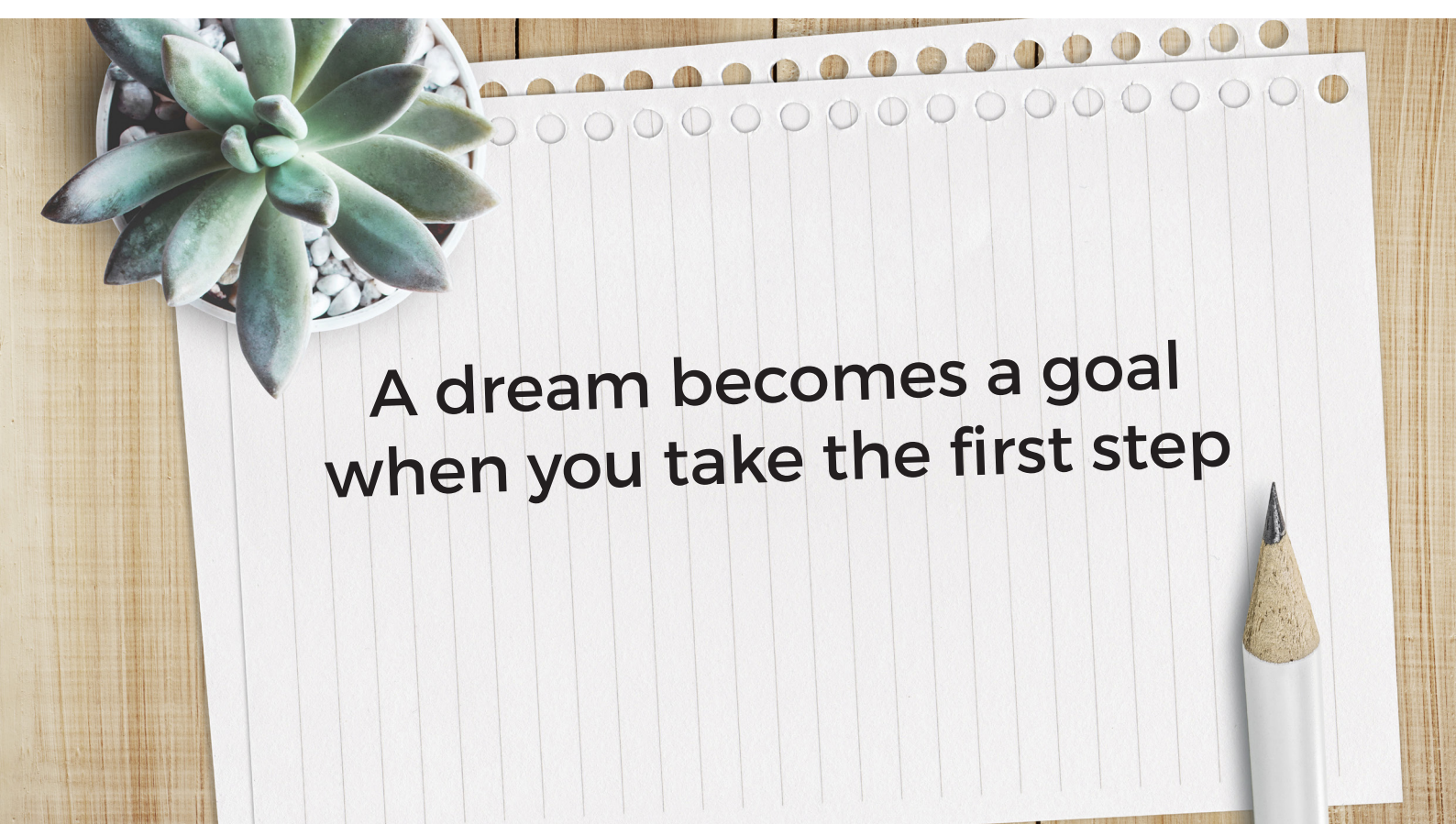
MULLEN NATURAL HEALTH CENTRE

RELATIONSHIPS/FAMILY

Date night, family Sundays, plan holidays, family goals, new projects, experiences.

CAREER/PROFESSIONAL

Are you doing what you love, new roles, teaching, classes, seminars, procedures and systems.



**A dream becomes a goal
when you take the first step**