

# Identifying Your Focus Areas

Come up with a list of things to focus on in each of the areas below. This can be something you want to improve on, a project you want to make progress on, or a new objective altogether.

## PERSONAL

What are some areas in your personal life that could use attention?

For example, your habits, attitude, wellness, etc.

## PROFESSIONAL

What do you want to achieve, improve, or change with your career or job?

Skills you want to learn?

## SOCIAL

When it comes to relationships you have with friends, family, and acquaintances, where do you put your time and energy?



# Yearly Theme

A yearly theme is a great way to make decisions about all the great things you want in the year ahead. When you wake up every morning, what is your mantra? What adjectives describe your year? Turn to this theme throughout the year to help you prioritize and achieve goals.

## BRAINSTORM

Jot down quotes, adjectives, and ideas that inspire you and represent the year ahead.

## CREATE

What ideas do you feel strongest about? Which one jumps out at you?

Expand on it.

## MY THEME

Think about how you want 2019 to look, and pick the theme to match.