

Goals



2026

VISION FOR MY LIFE

Before establishing your goals, it's essential to consider the direction you wish your life to take. This ensures that the goals you create align with your desired path. Focus on setting goals that connect with your values and long-term aspirations, rather than merely compiling a to-do list. A values-first approach often results in more significant and sustainable goals.

1

What do I want my life to look like in one year's time?

2

What matters most to me?

3

What am I most proud of?

4

If things were going well, what would be different?

LIFE DOMAINS

Life is made up of many different parts. When one area is thriving, it can have a positive impact on others. Likewise, when one area is neglected, it can affect our overall wellbeing, relationships, confidence and happiness.

Many people naturally focus on just one or two areas, such as work or finances, while unintentionally overlooking others that are equally important. Taking time to reflect on each area of your life helps you gain a clearer picture of where you are right now and where you would like to be.

The following 14 life domains have been chosen because, together, they represent the key areas that contribute to a balanced, meaningful and fulfilling life. You may find that some areas are already strengths, while others may need more attention. That's completely normal—our priorities change throughout different stages of life.

Remember, you don't need to set goals in every domain. The purpose of exploring each area is to increase your awareness and help you identify what is most important to you at this point in your life.

1

HEALTH & WELLBEING

Your physical health is the foundation for everything else. Looking after your body through nutrition, exercise, sleep and regular healthcare gives you the energy to enjoy life and achieve your goals.

2

MENTAL HEALTH & EMOTIONAL WELLBEING

Your emotional wellbeing affects how you think, feel and respond to life's challenges. Building healthy coping strategies, practising self-care and seeking support when needed can improve resilience and overall quality of life.

3

RELATIONSHIPS

Healthy relationships provide connection, love, support and a sense of belonging. Investing time in family, friends, partners and colleagues strengthens the people who walk alongside you through life's journey.

4

FAMILY & PARENTING

Whether you are raising children, caring for loved ones or nurturing family relationships, this area focuses on creating strong, supportive and meaningful connections within your family unit.

5

CAREER & WORK

Work provides more than an income—it can also offer purpose, personal growth, achievement and opportunities to make a difference. Setting career goals can help you move towards work that is rewarding and aligns with your values.

6

EDUCATION & LEARNING

Learning doesn't stop when school finishes. Developing new knowledge and skills keeps your mind active, builds confidence and opens doors to new opportunities throughout your life.

7

FINANCIAL WELLBEING

Managing your finances can reduce stress and provide greater freedom and security. Financial goals help you prepare for the future while supporting the lifestyle that is important to you.

8

HOME & LIVING ENVIRONMENT

Your home should be a place where you feel safe, comfortable and able to recharge. Creating an organised, functional and welcoming environment can positively impact your mental and emotional wellbeing.

9

PERSONAL GROWTH

Personal growth is about becoming the person you want to be. This may involve building confidence, improving communication, developing new habits or challenging yourself to step outside your comfort zone.

10

SPIRITUALITY & PERSONAL VALUES

This domain encourages you to reflect on what gives your life meaning and purpose. Whether through faith, culture, nature, mindfulness or personal beliefs, living in line with your values creates a stronger sense of direction and fulfilment.

11

FUN, RECREATION & HOBBIES

Life isn't just about responsibilities. Making time for enjoyment, creativity, relaxation and play helps reduce stress, increases happiness and reminds us to experience joy along the way.

12

COMMUNITY & GIVING BACK

Being part of something bigger than ourselves creates purpose and connection. Whether through volunteering, helping neighbours or supporting a cause you care about, giving back can enrich both your life and the lives of others.

13

LIFE SKILLS

Life skills are the practical abilities that help us manage everyday life. Developing skills such as budgeting, cooking, organisation, problem-solving and communication increases independence and confidence.

14

RECOVERY & SELF-CARE

Recovery is not only about healing from illness or difficult experiences—it's about intentionally caring for yourself so you can continue to grow and thrive. This domain encourages you to prioritise rest, self-compassion, healthy boundaries and the support you need to live well.



A BALANCED LIFE

Remember, growth doesn't happen all at once. Small, consistent steps in the areas that matter most to you can lead to significant and lasting change over time. Every goal you achieve, no matter how small, is a step towards the life you want to create.

SMART GOALS

Have you ever set a goal like "I want to be healthier" or "I want to save money" only to find yourself unsure where to begin? While these are great intentions, they're difficult to achieve because they're too broad. SMART goals help turn big dreams into clear, manageable actions.

S

SPECIFIC

Be clear about exactly what you want to achieve.
Instead of: I want to get fit.

Try:

I will walk for 30 minutes after work on Mondays, Wednesdays and Fridays.

M

MEASURABLE

How will you know you've achieved your goal?
Ask yourself: Can I measure my progress?
How will I know when I've succeeded?

Example:

Save \$2,000 by December.

A

ACHIEVABLE

Set a goal that challenges you but is still realistic.
A goal that's too difficult can become discouraging, while one that's achievable builds confidence and momentum.

R

RELEVANT

Choose goals that matter to you.
Ask yourself: Why is this important?
Does this align with my values and the life I want to create?
Goals that are personally meaningful are much easier to stay motivated to achieve.

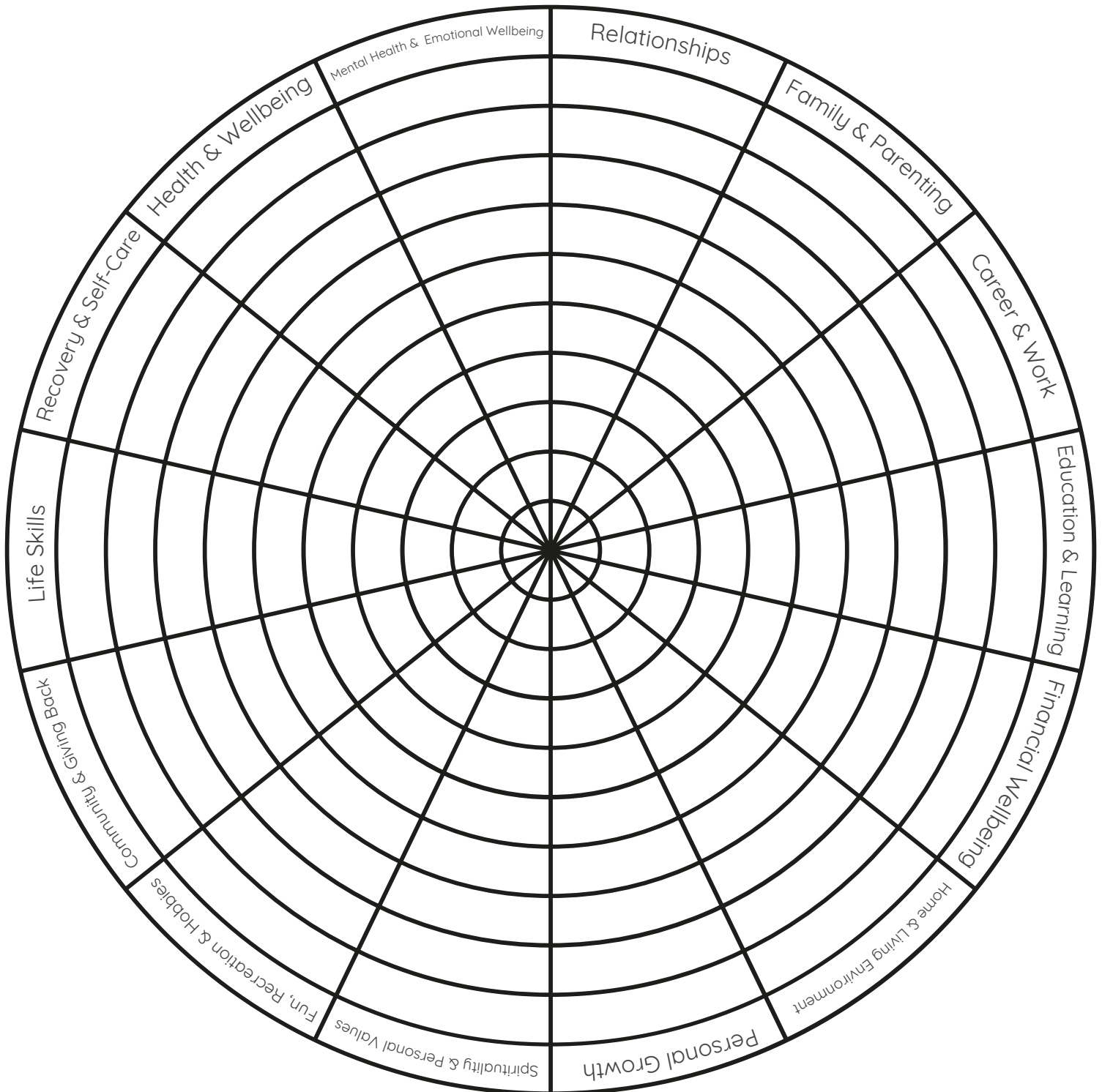
T

TIME BOUND

Give yourself a timeframe.
A deadline creates focus and helps you stay on track.
Example:
Complete my résumé by the end of next week.

LIFE WHEEL

Imagine your life as a wheel with each of these 14 domains forming a section of the wheel. When one section is significantly weaker than the others, the wheel becomes uneven, making the journey more difficult. By regularly reflecting on each area and setting meaningful goals, you can gradually create greater balance, resilience and satisfaction.



Health & Wellbeing

Examples:

Walk for 30 minutes, 5 days a week.

Drink 2 litres of water each day.

Sleep at least 7.5 hours each night.

Attend all medical appointments this year.

Reflection:

How do I want to feel physically?

What habits would improve my health?

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:

Mental Health & Emotional Wellbeing

Examples:

Practise mindfulness for 10 minutes each day.

Journal three times each week.

Learn healthy coping strategies for stress.

Meet with my psychologist regularly.

Reflection:

What helps me feel calm and emotionally balanced?

What would improve my mental wellbeing?

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:

Relationships

Examples:

Call my parents once a week.

Have one date night each fortnight.

Make time to catch up with a friend every month.

Improve my communication skills.

Reflection:

Which relationships are most important to me?

How can I strengthen them?

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:

Family & Parenting

Examples:

Eat dinner together four nights a week.

Spend one-on-one time with each child every fortnight.

Create family traditions.

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:

Career & Work

Examples:

Apply for five jobs this month.

Complete a professional development course.

Improve my time management.

Gain a promotion within two years.

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:

Education & Learning

Examples:

- Complete a TAFE course.
- Read one book each month.
- Learn a new software program.
- Develop a new skill.

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:



Financial Wellbeing

Examples:

Save \$5,000 this year.
Pay off my credit card.
Create and stick to a budget.
Start an emergency savings fund.

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:



Home & Living Environment

Examples:

Declutter one room each month.

Create a cleaning routine.

Finish home renovation projects.

Organise important paperwork.

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:



Personal Growth

Examples:

Become more confident speaking in groups.

Learn to set healthy boundaries.

Develop resilience.

Practise gratitude daily.

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:

Spirituality or Personal Values

Examples:

Spend time in nature each week.

Meditate daily.

Volunteer in the community.

Live more intentionally according to my values.

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:



Fun, Recreation & Hobbies

Examples:

Learn to paint.

Join a sports team.

Travel somewhere new.

Spend one afternoon each week doing something I enjoy.

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:



Community & Giving Back

Examples:

Volunteer once a month.
Raise money for a charity.
Join a local community group.
Mentor someone.

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:



Life Skills

Examples:

Learn to cook five healthy meals.

Improve computer skills.

Become more organised.

Learn basic budgeting.

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:



Recovery & Self-Care

Examples:

Develop a self-care routine.

Identify my early warning signs.

Build a support network.

Celebrate small achievements each week.

GOAL:

STEPS TO ACHIEVE GOAL:

WHERE WILL I START:

WEEKLY ACTIONS:

MONTHLY ACTIONS:



GOALS PLANNER

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

