

# New Year. New Levels.

Make this your best year ever by mastering all of your New Year's Resolutions.

Use the Mind Map on page 2 to write down goals from the six key areas of a balanced life: family, career, leisure personal growth, finances and health. Feel free to make the Mind Map your own by adding or reducing the number of goals from each area.

Once complete, post hard copies of your Mind Map where you will see them often and be encouraged to keep your ambitions on track!



