**~ Win With 1% ~ Worksheet 1 - January 2025**

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|  |  | **2025 Goal / Ideal Outcome** | **What IS working? Do 1% MORE of it.** | **What ISN'T working?**  **Do 1% LESS of it.** | *What do I need to make this happen? Resources? Conversation? Time? Budget?* | *Add to Conscious Calendar? Is there something to schedule or book?* |
| 1. | **Mental Health/Personal Growth** |  |  |  |  |  |
| 2. | **Key Relationships** |  |  |  |  |  |
| 3. | **Living Environment** |  |  |  |  |  |
| 4. | **Physical Wellbeing** |  |  |  |  |  |
| 5. | **Career & Passion** |  |  |  |  |  |
| 6. | **Financial Health** |  |  |  |  |  |
| 7. | **Social, Hobbies & Fun** |  |  |  |  |  |
| 8. | **Friends and Family** |  |  |  |  |  |

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| **PARK:** You will have way more ideas than you do time / capacity! Write those ideas here so you can prioritise and focus your brain on what matters MOST this year. |  |