

# Kick Start your life in 2024

What are you waiting for? Its time to set our goals, continue our development by working on our habits and start new life changes, and reflect on 2023.

How was 2023 for you? Please use below or grab a notebook to write this down.



What was good?



What would you do differently?



What do you want to see in 2024? So how do you vision your life to look like in 2024?  
Why not use this page to create a vision board and created a page in my Filofax, and  
like to do this each year



What areas in your life would you like to grow in 2024?



What would I like to see again in 2024 that made me happy?



How would you like to build relationships and help them grow? This doesn't have to be with people but with money, work and yourself



What would you like to let go of?





What would you like to keep?



Things I have changed that benefitted me so far in my life that helped me to grow that may help you.

- I no longer daydream of what I don't have and concentrate on what I do have, and this has helped stop day dream and live in the present moment
- Practicing Gratitude, and praying each night. This has helped to learn how to rebuild relationships, and letting bad feelings go
- Spending time organizing, and tidying up. It helps boost my energy and be thankful for the things I have in my life and letting go of stuff that no longer makes me happy.
- Baking again, and cooking dinners, and planning meals. Making sure the food is eaten and not gone to waste.
- Exercising, playing sports with my son, walking and a variety of indoor workouts, helps me make healthier choices, when it comes to food, and enjoy each meal I have.
- Writing everyday, books,, blogs and Journaling. This has helped clear my mind, help other people through my blogs and I love creating and writing books. I love creating books.
- Making more of an effort when creating videos on Youtube of what I enjoy watching, and sharing what I love and growing my channels
- Looking after my money, and spending. I check my bank account everyday and record what i have spent and paid out each day. Have no spend days, and no more impulse buying. This has helped me pay of my debts, and paid one off and just got my credit card, and being in control of my spending and saving, making sure I budget and prioritize, when it comes to money, and that all my bills are paid on time, and no longer using my credit card, but money I actually owe.



What in your life do you want to change that will benefit you?





**Good luck everyone and a Happy new year**