

Personal Well-Being

Core Values

Career



2025
GOALS

Relationships

Personal Growth



My Motivation



Guided Prompts for Meaningful Goal Setting

Career and Professional Growth

- What clinical skills, leadership abilities, or expertise would you like to advance in 2025?
- How can you better balance your career ambitions with managing your workload?
- What are your financial / remuneration goals?

Personal Well-being

- What steps can you take to improve your physical health?
- What is currently bringing you joy in life? How can you create more of these moments?
- What would help you feel more confident? Begin by identifying areas where your confidence feels lacking.

Work-Life Integration

- What boundaries do you need to set to prioritise your goals, family, and personal well-being?
- What changes can you make to better align your work with your core values and passions?
- What systems or routines would support you to balance professional responsibilities and personal relationships more effectively?
- What area of my life is taking too much of my time that I could outsource?

Relationships and Connection

- What steps can you take to improve communication and strengthen your relationships with loved ones?
- How could you reconnect with peers, mentors, or supportive communities in your field?
- What actions can you take to deepen your sense of connection with your clients or those you serve?

Self-Mastery and Personal Growth

- What self-limiting beliefs or behaviours might be holding you back, and how could you overcome them?
- How can you develop your emotional intelligence and resilience?
- What passions or hobbies could you pursue to nurture a more well-rounded identity outside of work?

