

Life Checklist

Getting on top of your tasks can feel like it's never ending. Setting yourself small goals each week can help with feeling like you're in control.

This list separates the areas in your life and makes it easier to see the areas which may be lacking and able to engage the services of Blair Lifestyle Management.

Print this page out and keep it visually prominent.

Family

Do you feel you spend enough time with your family? Have you called or skyped long distance relatives?

eg. I will go for a walk with my partner to spend quality time debriefing our weeks on Saturday.

Friends

Which friends would you like to catch up with for a coffee with this week?

Home Organisation

Are there cupboards you have been meaning to clean out? (Remember, start small) Do you need to organise the lawns to be mowed?

Work

Which professional goal will you achieve this week? Will you hand in an important report, or aim to clear your desk of clutter?

Health & Wellness

Do you have any goals you'd like to achieve health wise? Have you a new recipe you'd like to try, or booked that long overdue doctor check-up?

Finances

Are all the bills paid? Do you need help creating a budget?

Self

What will you do to create some 'me-time' this week? A hot bath, meditation, or a long walk?
