

Areas to consider

Health

Finances

Family Life

Faith

Bucket List

Travel

Education

Skills

Minimalism

Volunteering

Donating

Creativity

Reading

Romance

Friendships

Environment

Emotions

Hobbies

Habits

Self-care

Activist Movements

Fashion

Ways to Simplify

Inspiration

Admirations

Fame

Intelligence

Knowledge

Career development

Mental health

Home improvements

Questions to consider

What things make you proud?

What things make you happy?

What have been some of your achievements?

If money and fear were not an option, what would you be doing with your life?
Who would you be? How would you spend your time?

If you continue living through lockdown as you are now will you be happy?

Do you need to put more energy into certain areas of your life that could bring
you more happiness?

Are there things you need less of to bring you more joy?

Anyone inspiring you right now? Why? What do they have/do?

Throw in a few things to do to add some spice and excitement, switch things up
from your regular routine.

As well as thinking of specific things to achieve, what kind of feelings do you
wanna have in all the different areas of your life?