



# 12 PERSONAL DEVELOPMENT GOALS

## JANUARY

**EMBRACE  
SPIRITUALITY**

## FEBRUARY

**DISCOVER WHO  
YOU ARE**

## MARCH

**ACCEPT AND LOVE  
YOURSELF**

## APRIL

**LET GO OF YOUR  
PAST**

## MAY

**EMBARK ON THAT  
PROJECT**

## JUNE

**EMBRACE  
POSITIVITY AND  
GRATITUDE**

## JULY

**INVEST IN YOUR  
RELATIONSHIPS**

## AUGUST

**LEARN A NEW SKILL**

## SEPTEMBER

**BALANCE YOUR  
FINANCES**

## OCTOBER

**SPEND LESS TIME  
ON SOCIAL MEDIA**

## NOVEMBER

**AVOID UNNECESSARY  
DRAMA**

## DECEMBER

**SELF ACTUALISE**