

AREAS OF STUDY



EXAMPLES

1. SELF-CARE
2. RELATIONSHIPS
3. BELIEFS
4. WORK

LEARNING TO LIVE A
BETTER LIFE MIGHT BE
AS SIMPLE AS
KNOWING WHAT TO STUDY
AND DEVELOPING GOOD
HABITS



CONSIDER

WHAT MATTERS TO YOU

WHO YOU ARE

TIME & EFFORT

PROS & CONS

RESEARCH



REMEMBER

- PERSONALIZE THIS OR THERE'S NO POINT
- IT'S OKAY TO BE UNSURE
- NO ONE IS PERFECT
- BE WILLING TO MAKE MISTAKES AND LEARN
- CHANGE THINGS AROUND AS NEED BE

AREA OF
STUDY



MEANING



DESIRES



GOOD HABITS TO DEVELOP

