

# Focus



ACHIEVEMENT / CHALLENGE

Kitchen!!  
- get designer round

Articles - finish retirement x2  
- idea for ET map  
- other?  
Walking - more regular  
Research learning French  
Learning Wordpress

Read - Switch  
- Mindfulness  
- ?



ENGAGEMENT / IN THE 'FLOW'

Find pilates class  
Next stage of Wordpress for FF site



EARNING / INCOME

Follow up email to clients  
Allison re FF (+ ? workshop)

Soc media posts - more  
Update + finalise "Next Phase" workshop  
End year accounts - draft  
Julia S  
FF sales powerpoint - ? workshop

Cooking!  
- winter options?  
Jewellery class  
Reading



ENJOYMENT / FUN



MEANING

Meditate!!  
(incr frequency)

Volunteering - ? where/what  
Check Soroptimists.

Ann A  
Bridget  
Rose



RELATIONSHIPS / SOCIAL

Kate b/d  
Writers festival - BBT etc for weekend  
Eden Park games  
? book J+P meet up - Aus/NZ  
gallery with ML