

Get healthier:

What days of the week will you workout?

What time of the day will you workout?

What exercise will you do?

How much time weekly will you spend on each exercise?

When will you eat on workout days?

Which foods will you eat more and which less?

What if you don't feel like working out on a work out day or something comes in the way?

Spend less on useless stuff:

When do you usually buy stuff you don't need?

How much do you spend per week like this?

What could you buy instead if you kept the money?

Get happier:

What are three things you want to do in 2016?

What do you need to do to make it happen?

Learn new things:

Write down books you want to read in 2016:

Write down languages you want to learn or get better at. Mention the goal level!