



## Five Pillars - Annual focus

The five pillars are often used to support planning across your life to ensure you are honouring all parts of your life. Think about each of the areas below and consider where you would like to be in 12 months. You may choose to be specific or you may prefer to keep them as high level statements, whatever is most motivating for you.

### Financial

### Spiritual

### Mental

### Physical

### Relational