Life Coaching Exercise – 2024 Focus List

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| **Name three things you want more of in your life for 2024?** |  |
| **Which two areas of your life do you most need to improve ?**  |  |
| **What will you do to inspire you in 2024?** |  |
| **What new things do you want to try in 2024?**  |  |
| **What might be your biggest challenges during 2024?** |  |
| **Which people do you want to see more of and less of in 2024?**  |  |