

The Seven Key Areas of Your Life

Through our personal leadership program participants consider seven key areas of their life and identify what matters to them. These are the areas that you need to make time and set goals for. By doing this you can turn empty time into useful time and create good habits.

To help you decide on a habit you would like to make-or-break for our 21-day challenge we have created a simple tool for you to use.

- 1. Step One. Choose the area of your life you would like to focus on.**
- 2. Step Two. Check out the habit ideas for you to make or break in the following pages.**
- 3. Step Three. Use our habit tracker template to define your goal and the habit you will make or break, along with tracking your progress to set yourself up for success.**



Health

This is your physical health and well-being and includes time you spend on fitness, sport and nutrition.

I want to live a healthier life ...

... by eating healthier food

I will make it a habit to...

not eat fast food

cut out foods containing sugar

not eat meat

eat a piece of fruit everyday

... by making good decisions on what I drink

I will make it a habit to...

not drink alcohol

drink 8 glasses of water a day

not drink coffee

not drink soft drinks

... by being more physically active

I will make it a habit to...

walk/run a set number of kms each day

lift my heart rate for 20mins every day

devote time to a new physical activity everyday

never sit for more than 45 minutes at a time

For the 21 days of the Make or Break Challenge

Wellbeing and Purpose

The time you spend thinking about your ultimate purpose in life - it could include time spent in a particular place of worship, a connection to the land, your community and the environment, or a psychological state, where you find your connection to something bigger than yourself.

I want to focus on my sense of wellbeing and purpose ...

... by contributing to something bigger than myself

I will make it a habit to...

only use re-usable shopping bags

spend time educating myself on Aboriginal issues

clean up my local area each day

volunteer time to a new cause each week

... by reducing stress and increasing calm in my life

I will make it a habit to...

leave the office and spend 30 mins outdoors

limit my screen time to 15 minutes per day

practice 15 minutes of mindfulness each day

devote 10 mins each day to yoga

... by being more positive and less negative

I will make it a habit to...

share what I am grateful for on social media each day

write a thank you note to someone each day

do one random act of kindness each day

share something I like about myself each day

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Education and Career

Work, career or further education includes the time you spend outside of your actual job or education, such as time spent on work or study assignments, actively trying to secure employment or grow your employability skills.

I want to boost my education and career ...

... by developing a skill and being more productive

I will make it a habit to...

pick a new skill and spend 10 mins on it each day

read 1 article every day relevant to my career

practice public speaking every day

set a 21 day task list and tick something off daily

... by evaluating and improving my career satisfaction

I will make it a habit to...

set an amount of time spent on work and not deviate from it

not check work emails after 6pm

reflect on achievements at the end of every day

eat lunch away from my desk everyday

... by establishing good working relationships

I will make it a habit to...

learn something new about a colleague each day

hold a walking meeting each day

engage with one new person a day

praise someone at work or study each day

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Wealth

Wealth is a key area focussed on generating an income, including time spent budgeting, managing investments and extra income generation.

I want to make better choices when it comes to my money ...

... by spending less money on unnessesary purchases

I will make it a habit to...

bring my lunch to work every day

not make any online purchases

not buy take away coffee

not buy any new clothes

... by making socially responsible spending choices

I will make it a habit to...

donate money to a charity or cause every day

only shop at locally owned stores

only buy brands that give back to the community

only buy goods from charity stores

... by budgeting

I will make it a habit to...

set a budget and only spend my daily allowance

cancel a subscription TV service and donate the money

only buy items on sale

leave my credit card at home

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Mind Development

Developing your mind and creativity through learning. Includes gaining knowledge and skills for personal development, e.g. watching documentaries, doing an online course of interest, reading training, learning a language or a musical instrument.

I want to grow my mind ...

... in a creative way

I will make it a habit to...

spend time every day practising an instrument

paint or draw for 15 mins every day

write 1 chapter of a book or journal every day

spend 15 mins doing craft each day with the kids

... by increasing my knowledge and challenging my brain

I will make it a habit to...

complete wordle each day

read a chapter of a book each night

spend 15 mins on a language app daily

grow my vocabulary by using a new word every day

... by learning something just for fun

I will make it a habit to...

watch a ted talk or documentary each day

spend time each day on a DIY project

cook a new dish every night

ask a meaningful question to a different person each day

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Social and recreation

Social and recreational activities and interaction with friends includes time you spend relating to friends as well as deliberate time for leisure, hobbies, or relaxation.

I want to spend quality time having fun and relaxing ...

... by making time for my friends and social activities

I will make it a habit to...

contact a different friend everyday to 'check in'

talk to at least 5 people face to face each day

make someone laugh everyday

help, or offer to help, a friend every day

... by devoting time to a hobby or relaxation activity

I will make it a habit to...

spend time on a new hobby each day

do something for myself everyday

devote 15 mins to stretching daily

set a bed time and stick to it

... by learning about new places

I will make it a habit to...

research a different culture each day

buy my coffee from a different shop every day

visit a new suburb or town everyday

drive a different way to work each day

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Family

The time you spend with your family members, even if they do not live with you.

I want to connect with and support my family ...

... by showing my love and appreciation

I will make it a habit to...

say "I love you" to my family members each day

hug my family members every day

send a daily affirmation text or note

do a chore for a family member each day

... by learning more about them

I will make it a habit to...

spend time each day on a family tree

contact a relative outside my immediate family each day

take a photo of a loved one every day

research the places my ancestors came from

... by being present and interested

I will make it a habit to...

leave my phone in another room at dinner time

ignore work calls during family time

Have a screen free Sunday each week

ask everyone I live with what they did each day

For the 21 days of the Make or Break Challenge

Make it your own

These are just some examples of habits you might like to make or break during the 21 day challenge and they won't all be relevant to everyone, which is why you should think about making the challenge your own and something that your friends, family or peers will sponsor you for.

Select something that will challenge you

The young people we support face challenges every day and Youth Opportunities equips them with the skills and strategies to face these challenges and create life changing habits. You can be a role model to these young people and show you're prepared to make small changes to create healthy habits while raising money to create opportunities for more young people to develop the lifelong skills, habits and confidence to thrive.

Small changes, big impact

You only need to make small changes to your daily routine to have a big impact on your own health and wellbeing, but also a big impact on the lives of our young people. Reach out to your networks and ask them to donate and support you. Together we can create opportunities for all young people to be THEIR best.

For every \$1,000 this campaign raises, you will help change the life of a young person experiencing disadvantage, by providing them access to our two-year Personal Leadership Program.

