

Yearly Refresh

Prompt Sheet

Physical

- Clean
 - Clothes / shoes
 - Linen
 - Books
 - Crockery
 - Appliances
 - Food
 - Toiletries
 - Makeup & skincare
 - Tools
 - Wallet
 - Office supplies
 - Craft supplies
 - Car
 - Accessories
 - Miscellaneous
- Fix issue/s
- Decorate
- Drop off donations
- List items on Marketplace

Digital

- Clear unused apps
- Update apps
- Reorganise apps in folders
- Clear / sort emails
- Notes / Keep
- Desktop
- Downloads
- Scan papers
- File documents
- Empty trash
- Sort photos into albums

Health

- Health insurance
- Exercise membership
- Sleep supplies
- Supplements
- Prescriptions
- Medical appointments
 - Dental
 - Optometry
 - Pap test
 - Skin check
 - Blood test
 - Psychology

Finances

- Goals
- Budget
- Superannuation
- Savings
- Investments
- Credits / vouchers
- Loans
- Expenses
 - Utilities
 - Home / living
 - Transport
 - Gifts
 - Subscriptions
 - Donations
 - Holidays
 - Insurance
 - Entertainment
 - Health & beauty
 - Miscellaneous

Personal Growth

- Goals
- Projects
- Books
- Movies
- Documentaries
- Podcasts
- Courses

Plan / Schedule

- Birthdays
- Holidays
- Anniversaries
- Festivals
- Shows
- Special events
- Public holidays

Other

- Hairdresser
- Beauty therapist
- Create playlist
- Update Wishlist
- Shop for items
- Food prep
- Reservations
- Contact friends
- Brain dump
- Vision board
- Miscellaneous