



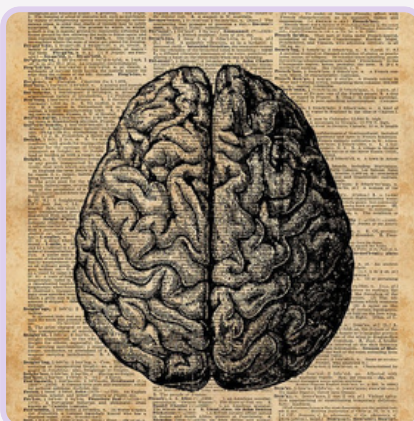
# HOW TO: MAKE THE MOST OF 2025

Welcoming in the New Year, after battling it out for the perfect view of the Harbour, we turn to our next mission: New Year's resolutions. Time and time again, New Year's has proven to be the perfect opportunity to lay out goals and a vision for the next 12 months. But amongst opportunity is pressure – pressure to do it *right*. Here are our top tips on making to most of 2025...



Long and short term goal-making can appear (reasonably) daunting, be that academic, career or personal aspirations. To overcome this, it is important to look introspectively: *What does my lifestyle currently look like? What are my priorities? What do I want to improve or remove? Is there anything, in my control, I can do?* The more you self-reflect and visualise the *ideal version* of you, the easier establishing clear, desirable goals will get.

Now that we have identified our goals, organisation is critical to achieving them. We cannot expect to achieve a *HD* without allocating sufficient time in our week to study. Getting into the habit of organising via Google Calendar is an effective way of distributing your time utilising the various colours and tags to ensure your goals are progressing each and every week. Furthermore, weekly or daily to-do lists to break down the goal into smaller tasks will make it more manageable.



Ultimately, your attitude will drive your ability to achieve your goals. It is arguably the most difficult step to successfully completing goals. It is important to recognise that motivation and *'feeling like it'* wavers, whilst discipline and consistency will propel you to succeed. Understanding the privilege it is to have the means to complete goals will hold *you* personally accountable to achieving them. Positive mindset shifts will also prevent any limiting beliefs otherwise posing as obstacles in your path.

