

What our Panel said about the year ahead... January 2019



TOP 10 RESPONSES

If I had 4 extra hours per week, I would...

See family and friends



Do some arts and craft



Take up a new hobby



Sleep



Do some gardening



Bushwalk or walk the dog



Relax, read, watch TV



Volunteer



Exercise, swim, kayak



Work or do chores



If I had \$500 extra per month, I would...

Save up for a holiday



Save it



Share it with family



Donate to a charity



Pay debts or bills



Renovate the house



Eat out more often



Pay medical expenses



Bank it



Invest it



My New Year's resolution is...

No New Year's resolution



Self-care and mindfulness



Spend time with family



Get fit, exercise, lose weight



Kindness to myself and others



Be more organised



Be grateful for what I have



Look after my physical health



Learn something new



Quit smoking

