

## **HU345: Unit 9**

### **Sample Objective List**

You are not required to select an idea from this list. These are just ideas to get you started. Whether you select an idea from the list, or if you generate an idea on your own, you will want to narrow the scope in Part I of the assignment.

- Getting more sleep
- Keeping a monthly budget
- Learning a foreign language
- Building skills in public speaking
- Changing eating habits or patterns
- Avoiding procrastination at work or at school
- Trying a new exercise program or routine
- Waking up earlier
- Doing more reading for pleasure or personal development
- Quitting or cutting back on social media use
- Quitting or cutting back on technology use
- Becoming better organized
- Seeking new challenges in your career
- Improving a relationship