

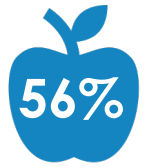
NEW YEAR NEW YOU 2023

GOALS FOR 2023

In 2023 we want to improve our health...



Take more exercise



Improve Diet



Reduce alcohol intake

Spend more time on hobbies and skills...



Read more books



Learn a new skill



12%
Take up a new hobby

Get all our ducks in a row...



Make more regular savings



Be more organised



14%
Change job

Travel Plans 2023



4 in 5 have yet to book their main holiday for 2023



39% have short breaks abroad planned



31% have short breaks at home planned

Sales



Took advantage of the January sales

Picking up bargains...



62%
Clothes/
accessories



14%
Tech
products



10%
Homeware

What we are looking forward to this year



Being more present and having a more positive outlook

Holidays

My Wedding!

Summer

New Job

Rugby World Cup 2023