

*because
i am
worth it*

2020 REFLECTION & GOAL PLANNING
WORKBOOK



YOUR GUIDE TO REFLECTING ON THE PAST AND CREATING
THE YEAR YOU WANT AHEAD



The start of a new year is known as a time to start over, to press refresh, and set goals to become better versions of ourselves. This guide is designed to help you understand the important questions that lie between where you are now and where you want to be. By digging in, looking back, and determining what is inside of you, you give yourself the clarity and tools you needed to stay resilient in your goals.

This guide is meant to help you get clear on what you want, but more importantly, on WHY you want it! Know why your heart is called to these changes, and what success will look like for you. In doing so, you will set yourself up to be more committed to growth.

Be kind and honest with yourself as you go through these reflections. This book is yours, so feel comfortable writing all the thoughts that come to your mind, no matter how much they make sense to you right now. Trust that the universe and your soul know what you need and let them guide you as you lay out your year. You have everything you need inside of you to get where you want to be. Now go, in peace and love and know that you have unique gifts that the world is waiting for you to share.

Before you begin,

One. Just as we don't need to wait for Monday, or the first of the month to make change, January 1, 2020 doesn't need to be the day everything changes. Whenever you finish this guide, put it into play. And if ever you fall off your goals, revisit the guide. It is meant to act as a grounding for you – a place to check in, look inside, and move forward.

Two. Listen carefully for the voice that tells you that you can't (not now, you don't have the money, no one will buy it...) We all hear them and they exist with the sole purpose to keep us in the place we know best – the here and now. Trust that your heart knows what it wants and that you are creative and resourceful enough to figure out anything that comes your way. For now, let the creativity and desires flow out of you and onto paper.

Think Big

Jot down your thoughts as you reflect on the following questions. Let these be unedited and free of judgment. Whatever comes, give it the space to appear on the page in front of you.

What matters most to me?

Who do I want to be?

What to I want to do?

Learning from the past

Think back over the last year, or perhaps even the last couple of years.

What were the best things that happened in your life? What were the worst things that happened? What was happening? How did you feel?

As you reflect, write down what you want more of this year, and what you want less of based on your experiences thus far.

In 2020, I want MORE of...	In 2020, I want LESS of...

What valuable learning about yourself are you taking away from 2019?

Building the future from the present

Close your eyes. Envision the best, most wise and all-knowing version of you. Again, let yourself write freely, without judgment or assumption. Be sure to put down the first thing that comes to you, as the mind has a tendency of creeping in during these exercises.

Who am I being?

What am I doing?

Envision your life as you dream it to be. Let your mind take you as long of a timeframe as you wish, but be sure to connect to an idea of what it looks like in the near future.

Jot down your vision, and begin placing them in the order you imagine them coming in.

Looking back at the list on the previous page, consider what these visions/ideals have in common. How can they support/build upon each other?

Draw a map and use arrows, write a description – whatever works for you, this is your space to connect the dots between the things you want for yourself.

Crushing Goals in 2020

What do you want to accomplish in the next year? 5 years? 10 years?

Write down your goals. Where possible, try to do at least one ACTION-oriented goal and one BEING-oriented goal.

2020:

2025:

2030:

Let's zone in on 2020.

For each goal/desire you have for 2020 reflect on the following questions:

- What does that mean to me?
- Why do I want this?
- What has been holding me back?
- What will the impact be of these changes?
- Who will I be being in pursuit of these goals?
- What does success look like?

Write out the things you want to achieve this year. For each, write the key points of your reflection. Note that goals don't have to be about accomplish tasks – consider that some may be about a state of being; a way of approaching the world.

The goal of this part of the workbook is to create a check-in piece for yourself to come back to throughout the year when you need a reminder of what you are working for and why.

SAMPLE:

My goal/desire/focus is: to grow my love for my body by committing to exercising regularly

Reminder notes for myself:

- loving my body means exercise in celebration, rather than punishment
- my goal is to treat my body with respect
- success is exercising 4-6 days a week, holding myself accountable, and yet being kind when I miss a workout
- I have been held back by my belief of all-or-nothing around exercise
- I will be being a loving, compassionate, and healthy me in this pursuit

Short-term goals/Steps:

- find a workout buddy
- try 6 different activities in January to find what I love
- schedule working out into my day

Success Looks Like... a happier and positive relationship with my body. Loving myself enough to exercise daily, and to be kind and understanding when I can't

Accountability: I will engage a workout buddy to help get me out the door
I will book exercise into my calendar like it is a date with myself
I will keep a journal to check in with myself when I miss exercise

2020 Goal Setting Worksheet

My Goal/Desire/Focus is....

Notes for Myself

Short-term Goals/Steps

Success looks like...

Accountability

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