



2020 GOAL REVIEW



COMPLAINTS:

ACHIEVEMENTS:

FAILURES:

THINGS

EXPERIENCES

BEING

WHAT DON'T YOU WANT?

what drains you of energy/joy/purpose?

WHAT DO YOU WANT?

what gives you energy/joy/purpose?



V A L U E S

BORROWED:

CLAIMED:

M I N D S E T

LIMITING BELIEFS:

LIBERATING TRUTHS:

G R E A T E S T F E A R S

1:

2:

3:

YOUR PERFECT DAY

SETTING GOALS

ACHIEVEMENT GOAL:

Is it specific, measurable, affirmative, realistic, time-bound, exciting & risky?

WHAT'S THE WHY? what is your motivation behind this goal?

WHAT'S THE COST? if it doesn't happen, at who or what's expense is that?

WHAT'S THE REWARD? if you achieve this, then what?

I AM STATEMENTS:

168 HOURS:

TO DO:

TO DON'T:

RITUALS + AFFIRMATIONS

MORNING ROUTINE:

EVENING ROUTINE:

AFFIRMATIONS:

ABOVE:

BELOW: