

What does 2020 have to share to make 2021 BETTER?

1. What are your 2020 ACCOMPLISHMENTS? Can you get to 10 accomplishments?
2. What was the BEST DAY of 2020? How did you show up during that day that contributed to it being the “best”? What were your behaviors and actions?
3. What was the WORST DAY of 2020? How did you show up during that day that contributed to it being the “worst”? What were your behaviors and actions?
4. What caused the most STRESS in 2020? Did you have control over it? What can you learn from this?
5. What helped you the most with the STRESS? (Healthy)
6. What are you MOST GRATEFUL for in 2020? List as much as you can – quantity over quality!

Let’s MOVE into 2021 in HIGH GEAR!

1. What can you take from above and incorporate into 2021?
2. What will you REGRET if you do not achieve it in 2021?
3. What are you willing to give up to achieve it?
4. What do you want MORE of?
5. What do you want LESS of?
6. What is already working well, and can it be improved?
7. What self-care rules do you want to put in place for 2021? (work hours, weekends, bedtime, hobbies, “me” time, family, etc.)