

# #mindyourmind

Plan your 2020

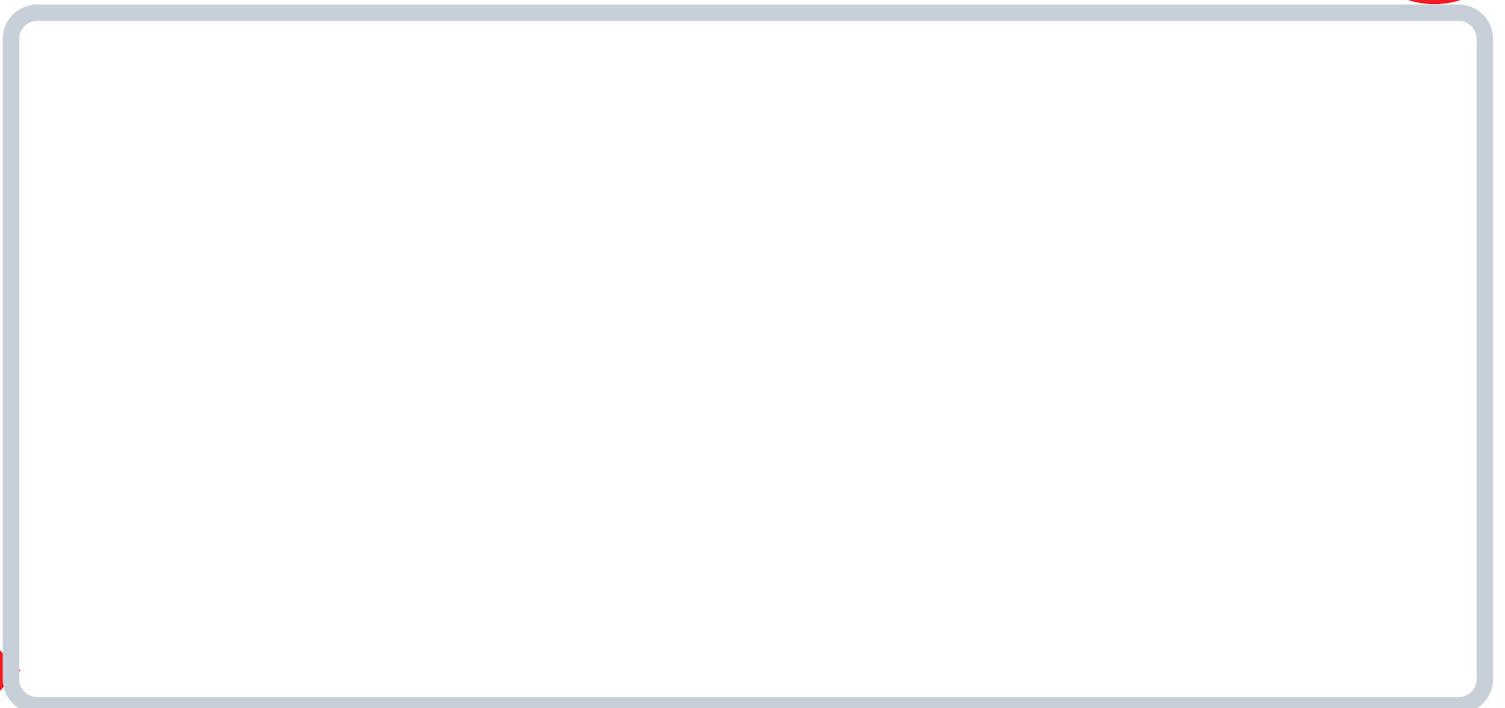
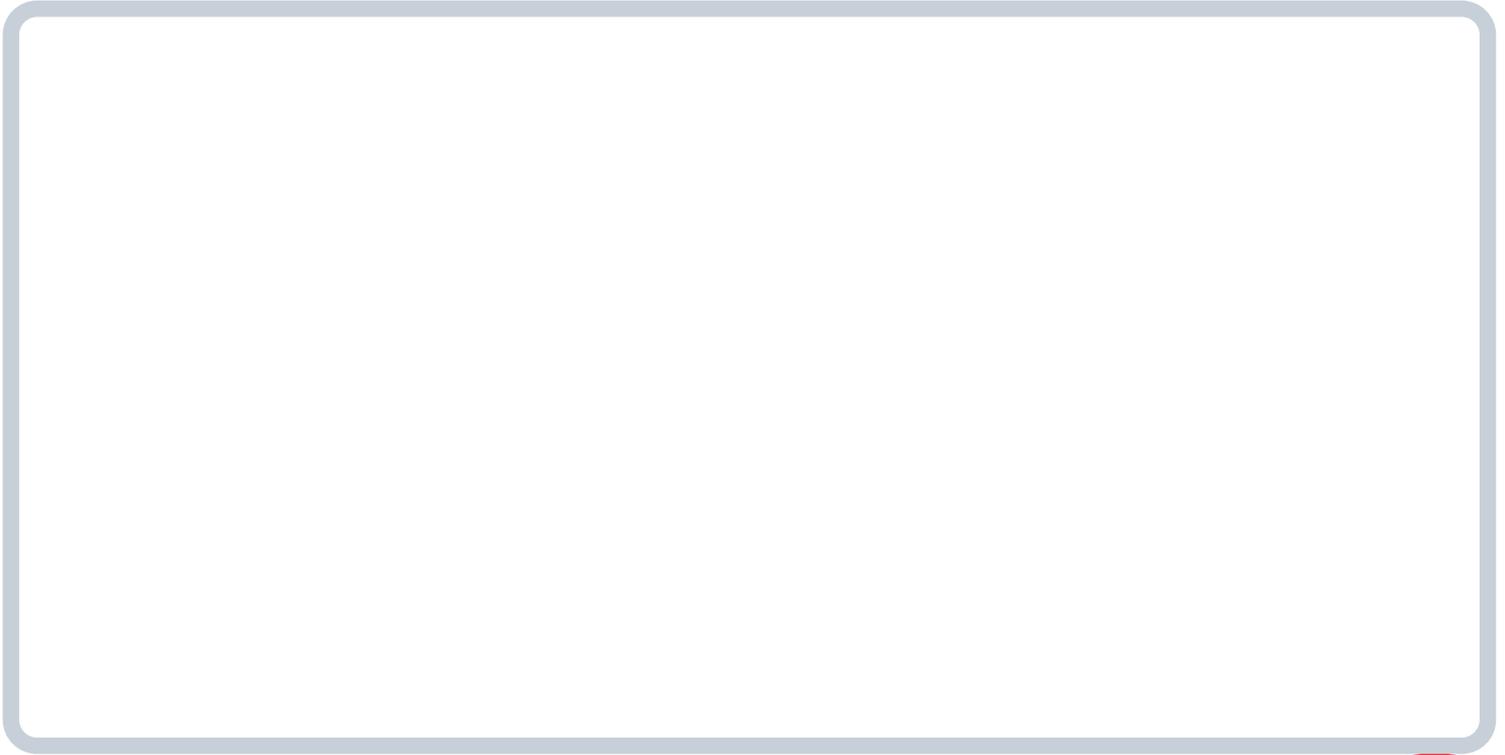


**Failure to plan is a  
plan to fail.**



# Set, ready, go!

Use the box below to reflect on your 2019 calendar. What stood out to you the most, the good and the bad. From January-December 2019. Go!



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My biggest risk...



Biggest surprise of the year...

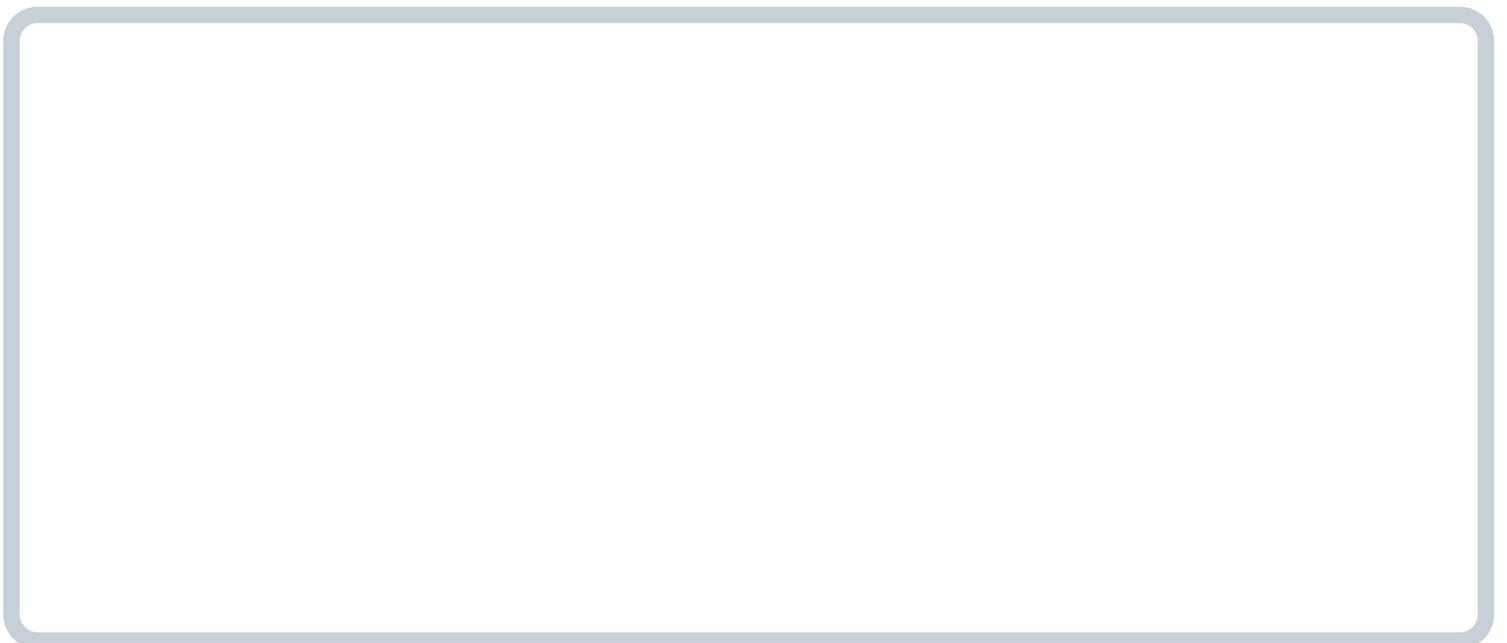




Biggest lessons of the year...



Biggest achievements...



# 5 questions about my past year

Who were the people that influenced me?

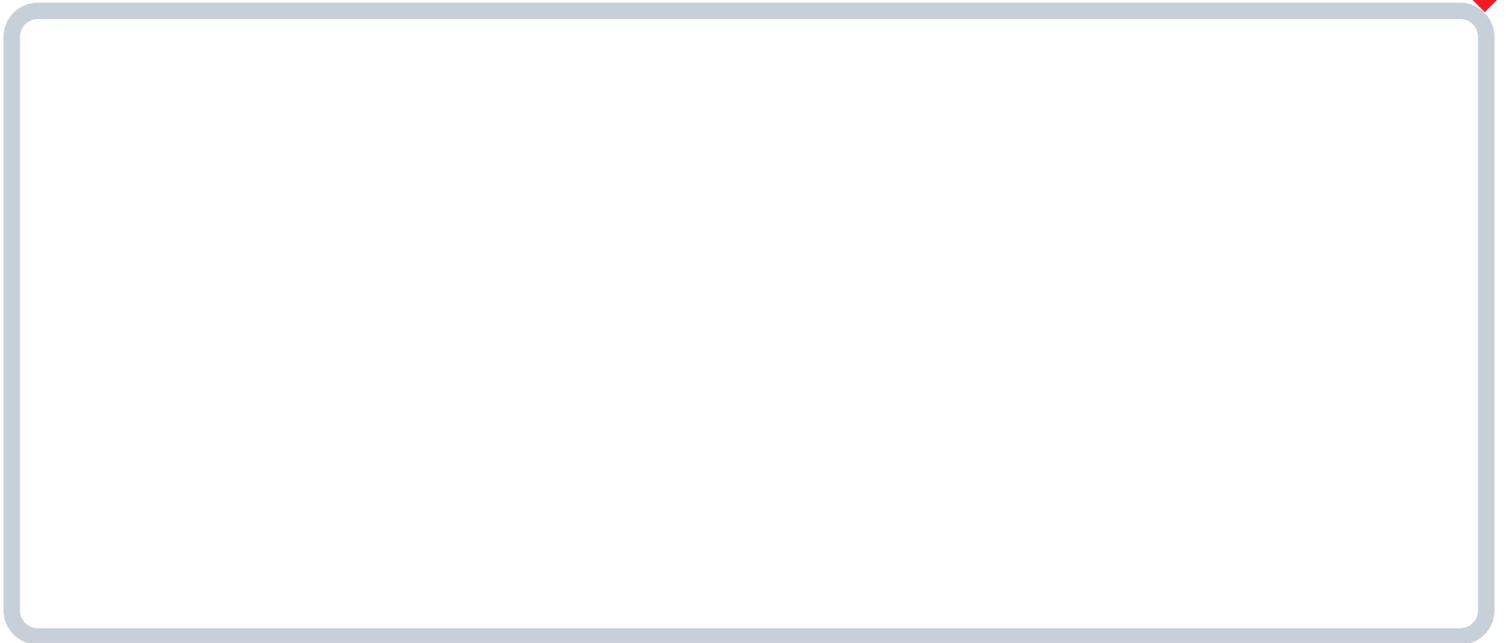
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Top five things that you are grateful for....

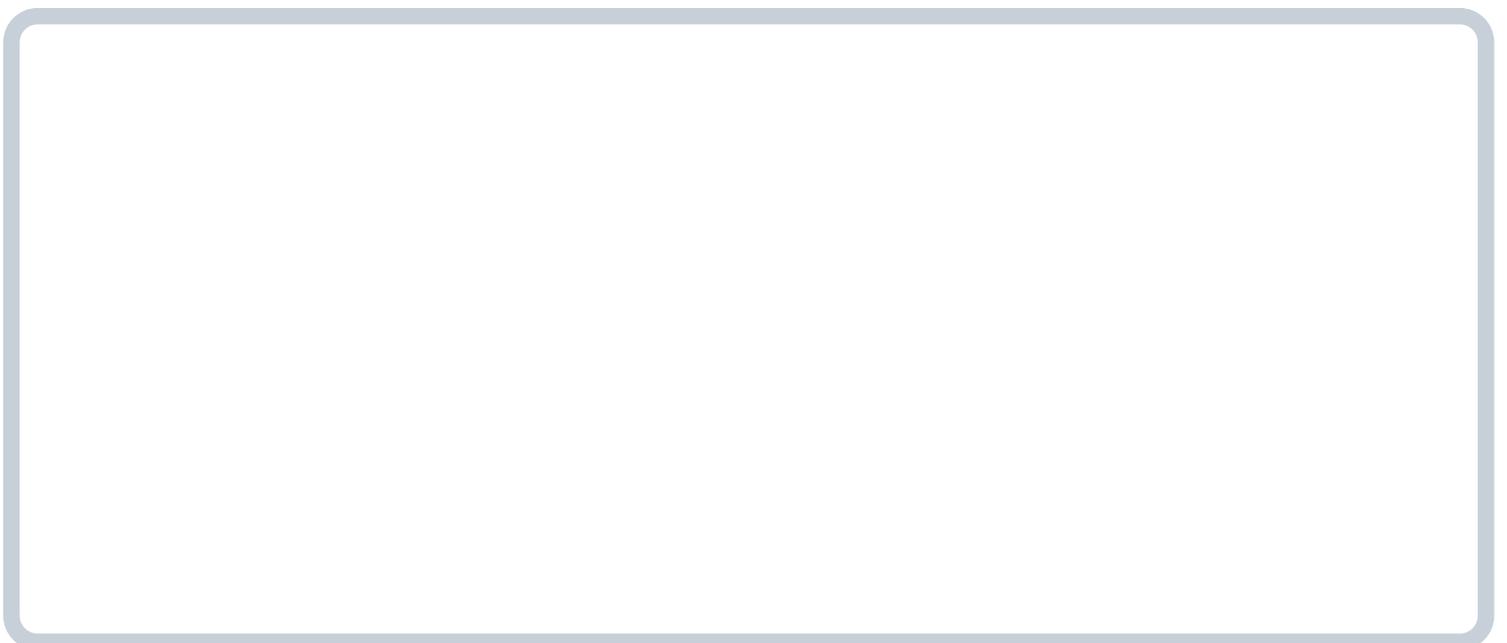
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What were you not able to accomplish?



What are the top five things you discovered about yourself?



What are you most proud of?

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# Accomplishments

Three greatest accomplishments from 2019...

What did you do to achieve them?

Who helped you achieve these successes and how?

# Challenges

Three biggest challenges?

Who helped you overcome them?

What lessons did you learn?

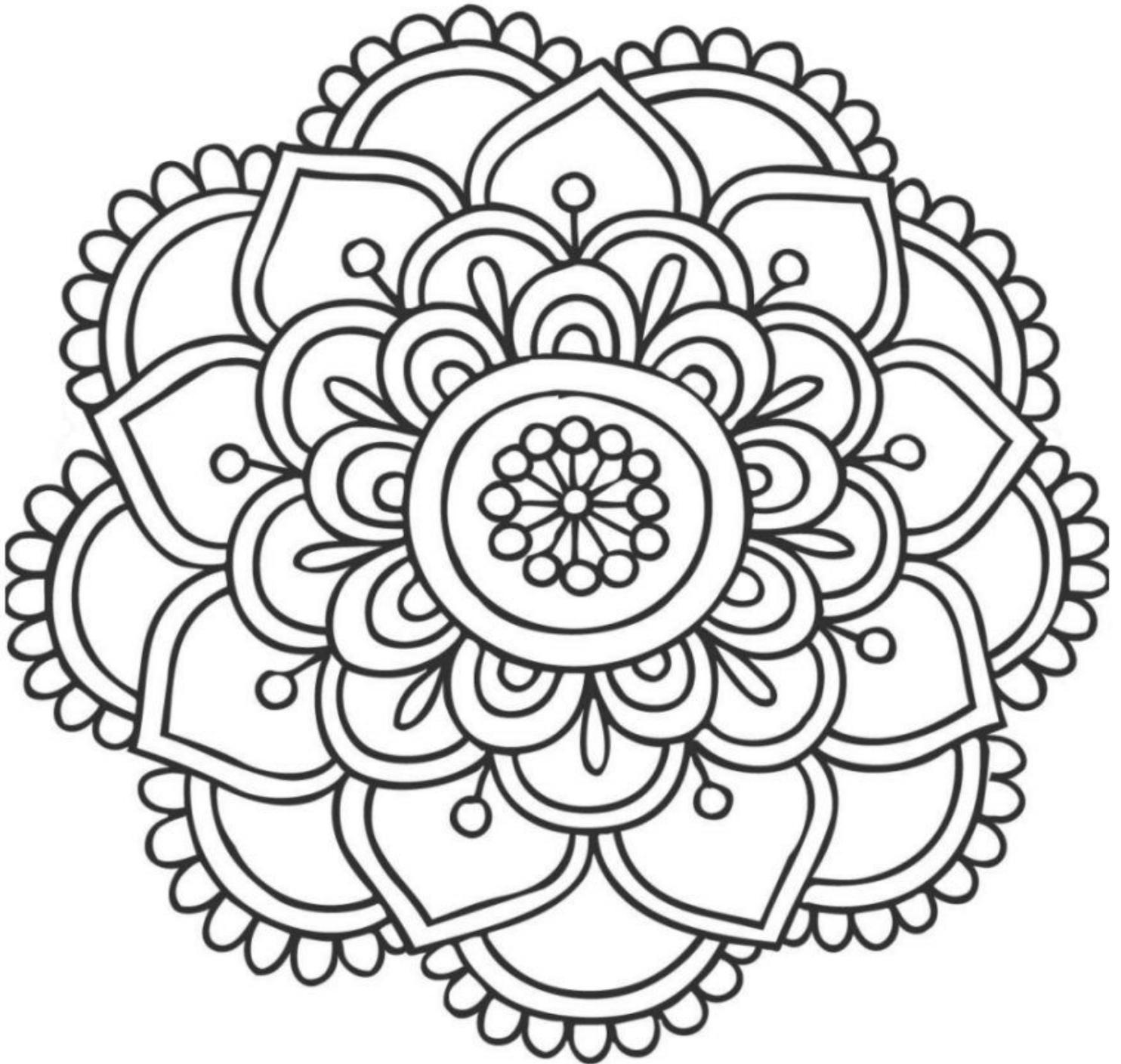
# Forgiveness

What happened in 2019 that still needs to be forgiven? What were the words that made you feel bad? Were you angry with yourself? Use this page to let go and forgive...



# Mandala colouring page

Get your colouring pencils, it is time for some adult relaxation



**I am looking forward to the  
future and feeling grateful  
for the past...**



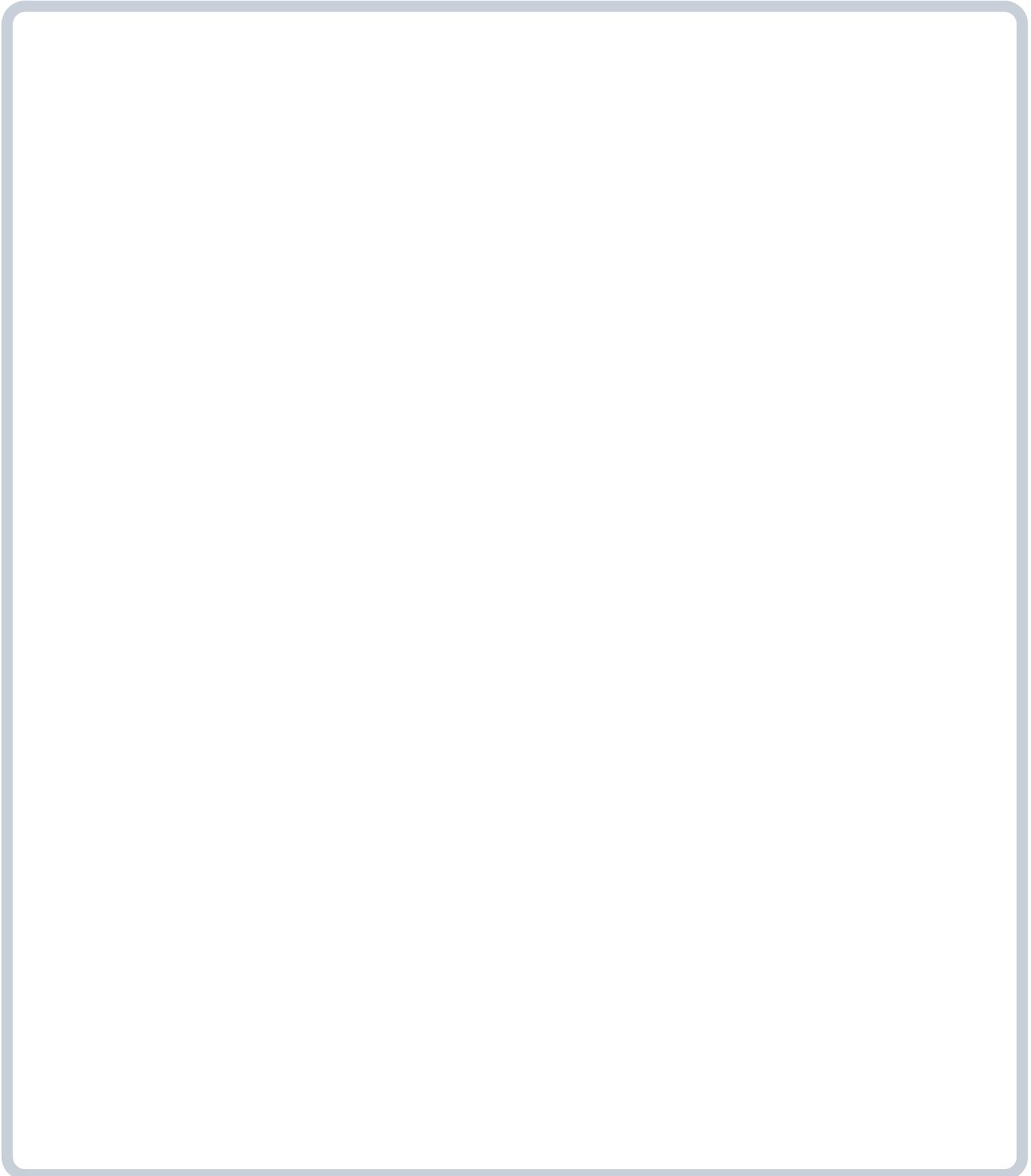


# 2020! Dare to dream big

What are you looking forward to in 2020?

What do you want this year to look like?

Why do you feel that your 2020 will be great?





# Define your life, what do you want to achieve?

Family....

Professional life (studies or work)...



Relaxation and creativity time...

Friends....

Health....

Finance...

Spiritual growth...

# Ready to grow?

Things I will love about myself...

Three things I am ready to let go...

Three things I am going to achieve...

Three things, I will dare to discover...

Three people I cherish....

Three things, I will do every morning...

Three things, I will pamper myself with regularly...

Three ways, I will celebrate my small and big achievements...

# Secret wishes...

