

Better Than Goal Setting 2020

Inventory

List your top celebrations/triumphs/accomplishments from the past year & decade. Take a moment to acknowledge and be thankful for each one.

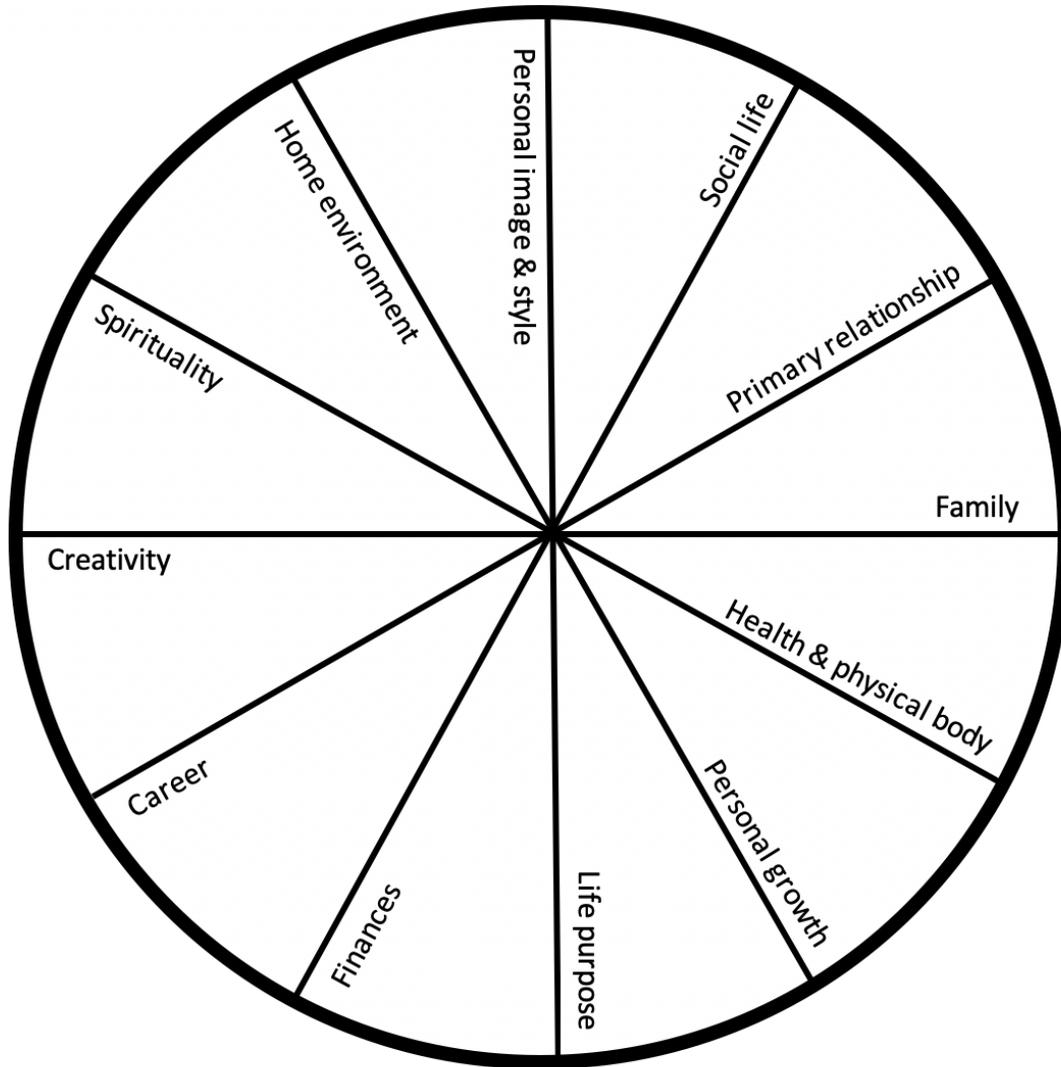
1. _____
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List your most dearly held could-haves/might-haves/would-have-liked-tos from the past year & decade. Any that are not still a vision for your future, bless and release. Any that are still present, notate with a circle or a star. Just because something has not come to fruition doesn't mean anything other than it wasn't time *yet*...

1. _____
2. _____
3. _____
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I invite you to allow yourself to surrender any memories of the past that no longer serve you in favor of your visions for the future... Close your eyes, acknowledge and bless that which you wish to release, making space for that which is to come.

Circle of Life



This exercise will help you discover which areas of your life are most and least satisfying. On the spoke of each wheel place a dot to indicate your satisfaction level. A dot close to the center indicates dissatisfaction and a dot on the outside indicates ultimate happiness. When you have rated all categories, connect the dots to see your circle of life. Areas of lowest satisfaction are ripe for more time, attention and thoughtful action.

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Areas of Improvement

Which 3 areas of your life are most ripe for improvement?

- 1) Brainstorm 9 things you could do in each area to feel a greater sense of satisfaction.
- 2) Circle or star the top 3 ideas in each area. These are the keys to fulfillment. You do not have to do everything to feel more satisfied; a little bit of movement in the right direction is enough to dramatically transform your experience of it and your overall sense of happiness.

What areas of your life are ripe for a bit more thoughtful focus?

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Conversation with your future self

What did your future-self tell you? What don't you want to forget? What was most memorable about your experience?

Self-Reflecting Questions