

2020 VISION

A New Year's Goal Setting Worksheet



LetThat Shit Grow Co.

Preface

Hello my beautiful goal-setting kweens! Full disclosure, I used to HATE setting goals for the New Year for several reasons:

- a) who's got time for that shiz when there are so many Hallmark holiday rom-coms to watch?
- b) Even if I vowed to stick to something I'd always give up by February, (obviously)
- c) "New Year, New Me," is a social construct where time and social pressure forces us to scrutinize our past 12 months—oftentimes not in a healthy way because we're constantly comparing ourselves to others.

Time works different for everyone and it's important to live life at your own pace. That is the exact reason I created this soul-bearing, quasi-intense worksheet. I wanted something that would allow the all-powerful goddess in me to rise from any self-doubt and anxieties.

In order to unleash her, you'll really need to tap into yourself, so be you in your purest form when doing this worksheet. For me, that's pants off, pumpkin-scented candles lit, sprawled out in my bed. Do anything that makes you feel at home, relaxed, and most importantly, in a private space. We're going to get all of those churning emotions and desires boiled to the surface so you can rise to your, dare I say, *best self.* You ready?

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Part 1: Reflection

Whether this year was a high or low one, I guarantee you learned a few things about yourself, even if it might not be obvious.

- 1. List a few things you accomplished this year that you're proud of. (These can be tangible things like "getting a new apartment" or internal things like "I cared a lot less about what people thought of me")**

- 2. List a few things that gave you the most satisfaction. (examples: I said "no" more, I learned to cook, etc.)**

3. List 3 recurring emotions you experienced this year. It's OK if they're not all positive. Were you more or less social this year? Was there something you did to push yourself out of your comfort zone? Are you disappointed you didn't accomplish something? Think about where these feelz stemmed from and elaborate on the why:



Part 2: Sayonara, Bitches

I'm a firm believer that in order to rise, you must shed your skin bare to the bone so you can rebuild a stronger person. Embrace the battle scars, too. Just how caterpillars become butterflies or trees shed their leaves and grow anew, letting go and/or knowing when to quit is all part of the growing process.

Whether it's a toxic job or relationship, bad habit, outgrowing a friendship, or holding yourself to a higher standard of how you're treated, controlling what or who you don't allow into your life is just as important as what you do allow. Of course, sometimes we don't choose what we shed and life picks for us, but either way is a learning lesson to embrace.



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1. List three things that you shed this year:



Part 3: Rising From Your Ashes, AKA Growth

The other part about New Years goal-setting that gets lost is that they're so general. New diet? Cool. Spend less cash? Sure, Jan. New boo? Thank u, next.

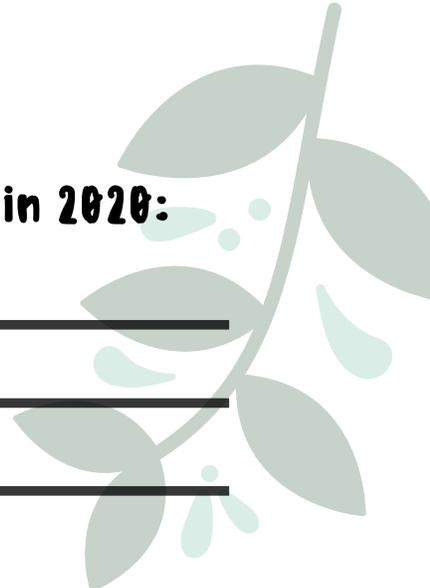
I'm going to challenge you to dig deep for this next part, which is why you'll see a ton of different categories below. Don't be overwhelmed though! I wanna stress that 3 things for each category is just a guideline -- we're all working on different aspects of life more heavily than others, so think about which of these categories is most applicable to your life now. If a category doesn't resonate with you, skip it. If you can think of only one goal for some and five for another, that's fine too, and honestly, it'll make the last section much easier.

Hurr we go.

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1. List three things you're looking forward to in 2020:



2. List 3 new places you want to go (I don't care if this is the Maldives or that cool coffee shop on your street you always say you'll check out but never do. The point is to start thinking about breaking habits/routine/what's comfortable. New experiences are essential to growth.):

3. List 3 personal living goals you want to accomplish: (do you need to organize your closet and donate old clothes? Do you need to buy a real couch instead of that blow-up sofa that was supposed to be temporary but has somehow lasted years?)





4. List 3 financial goals. (Examples: cutting cable, do my own taxes this year:)

5. List 3 career-related goals: (examples: get a new job, speak up more in meetings, monetize my side hustle)

6. List 3 health and wellness goals: (examples: eat breakfast, spend 15 minutes to myself a day, go to bed earlier)



7. List 3 social and relationship goals: (examples: talk to coworkers more, be open to who you meet, do small favors for strangers)



8. List 3 internal or personal goals (have more confidence at work, listen to your body)

Part 4: Action

Cool, you made it this far, congrats! We're now going to put these bbs into action to make 2020 a magical and majestic year for you.



Name 3-5 keywords that you'd like to set the tone for in your 2019: (i.e. connections, confidence, purpose)



This next part is all you!

First, read over parts 1 and 2 and appreciate all that you've accomplished. You're doing amazing.

Next, pay attention to part 3 and which section you felt the word vomit flowing to the most. Circle that category. Now, go put a star next to the goals that resonate with you the most from those categories. Of course, all of the goals should, but use your gut to guide you on what you feel is the most important for you to accomplish right now.



Once you're done, write the goals again below, and this time, list actionable steps with them.

Here's an example:

Goal: Build up my social network

Steps:

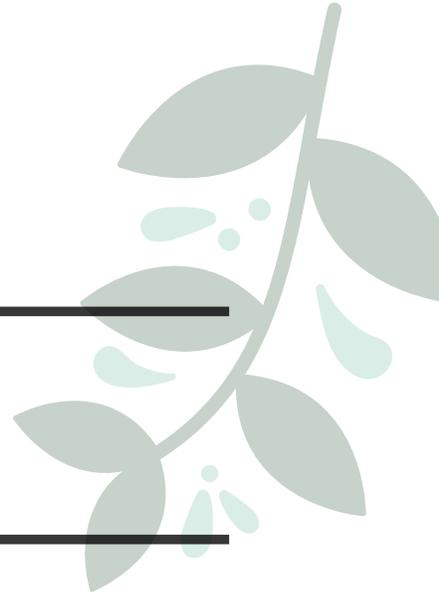
- Schedule more hard plans and less soft plans with new friends. instead of saying "we should grab drinks," ask, "when are you free for drinks?"**
- Reach out to old friends I still have healthy relationships with once a month**
- Join a club or class that interests me where I can meet like-minded people**

Goal:

Steps:

Goal:

Steps:

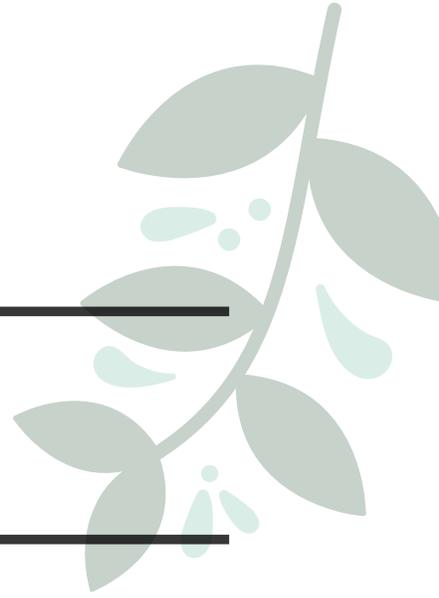


Goal:

Steps:

Goal:

Steps:

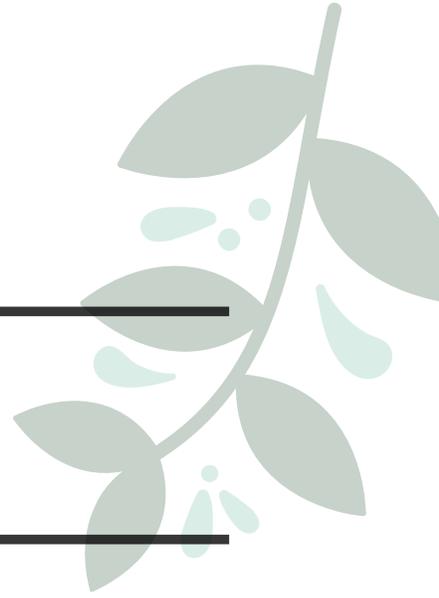


Goal:

Steps:

Goal:

Steps:





There you have it.

I hope this allowed you to pinpoint specific things in your life to work on and that you feel a sense of pride and accomplishment. This first step is critical and it should feel GOOD and exciting to have all your goals laid on the table. Of course, things don't always go to plan and this should just serve as a guide. If you're really inspired, you can always—at any point in the year—redo this and adjustments as necessary.

While it may sound cheesy, it is truly up to YOU to put these bbs into action. So hang this on your fridge, send it to your mom so she'll hold you accountable, whatever you need to do to remind yourself of where you're headed.

And just know I'm always here rooting for you!



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