



# 2020 VISION

## Learn From The Past Year And Set Intentions To Move Forward In The Year Ahead!

**Close your eyes and reflect upon your past year. Think back to what your life was like exactly one year ago. Allow the events of your life to be revealed, as if you're watching a movie in your mind. Allow your movie to conclude as you return to this moment. Now, answer the following questions:**

**What were your top three successes, and what helped you to succeed?**

- 1.
- 2.
- 3.

**What were your top three challenges, and what helped you to overcome them?**

- 1.
- 2.
- 3.

**What is the primary message or lesson from your past year's experiences (successes and challenges)?**

**How will this message or lesson help you in the year ahead? What will you do differently?**

**Now, it's time for another movie in your mind. In this movie, you are the screen play writer, the director, and the star in the movie. This movie can be anything that you'd like it to be. Imagine yourself in different places, imagine various roles that you play, imagine the scenes ending exactly as you would like. Keep replaying the movie until you are elated!!!**

**Now, describe this movie, in as much detail as you can, as if it is REAL NOW. This is what I see...**

**Now, break your vision down into specific areas. Here are a few to start with...**

**HEALTH/BEAUTY:**

**WEALTH/CAREER:**

**FAMILY/FRIENDS:**

**TRAVEL/FUN:**

**OTHER???**

**For this vision to be your reality, what action steps do you need to take?**

**ONE YEAR GOALS:**

**SIX MONTH GOALS:**

**ONE MONTH GOALS:**

**WEEKLY GOALS:**

**DAILY GOALS:**