

2020 VISION GUIDE

REFLECTION

On a scale of 1-10, how well did I take care of my mental & physical health from January-June?

What worked well these past 6 months?

What didn't work well these past 6 months?

Based on what worked and what didn't work, what lesson did I learn?



VISION

Write the next section in the first person and present tense. The goal is to get clear on where you want to be and how you want to feel at the end of the year, as if you're already there and you've already accomplished it. This has a profound impact on the way our brain processes information and will greatly increase your chances of fulfilling this vision - dream big and don't hold back, there's no limit to how good you can feel!

It's the end of 2020 and I feel...

I take care of myself by...

I am...



TAKE ACTION

My top 3 values for the remainder of 2020 will be:

- 1.
- 2.
- 3.

3 ways I will make time for these values:

- 1.
 - 2.
 - 3.
-

One step I will take to improve my fitness in 2020:

One step I will take to improve my overall health in 2020:

One thing I will do to manage and reduce stress in 2020:

One habit I'd like to create:

One habit I'd like to break:

One person or place I can turn to when I need support:

Why taking care of my health matters to me:

