

2020 GOALS

Goal setting is not simply about expressing what we want out of life, but also having the drive, the determination and the action mindset to reach them and make them happen. When we accomplish goals we design a life of our making.

6 BASIC GOAL SETTING METHODS

- ◆ **Write down the your goals**
- ◆ **Set a goal that is truly what you want; not something to impress others or things someone else wants from you**
- ◆ **Avoid setting contradicting goals**
- ◆ **Be detailed when setting goals**
- ◆ **Stick to your goals/be consistent**
- ◆ **Believe in yourself**

"I feel confident imposing change on myself. It's a lot more fun progressing than looking back. That's why I need to throw curve balls.

—David Bowie

What the life of my dreams looks like in 2020...

A series of horizontal dotted lines for writing.

