



2020 Reflection

There's a whole lot about 2020 we'll all want to forget. But taking a quiet moment to actively think back on everything you accomplished this year will help you plan out how to make 2021 stronger, no matter what life throws at you.

1. How did you challenge yourself to grow this year?

2. What did you accomplish that you didn't plan to?

3. What are you most grateful for?

4. What can you let go that didn't serve you?

5. How did your relationships (friends, family, work) evolve?



2021 Goals

Now that you have taken the time to reflect on this past year, start thinking about all of the possibilities that there could be for you in the new year. If 2020 wasn't the year you had hoped for, what are you going to do differently to help make this year the best yet? Setting goals for yourself can help you grow and open your mind to new possibilities.

1. How did you intend to grow this year?

2. What will you do to step out of your comfort zone or challenge yourself?

3. What skills do you want to learn?

4. What will you say “no” to more this year?

5. What do you want to accomplish this year and how will you do it?
