

Notable Accomplishments and Disappointments

What events happened throughout the year that went well and not so well.

The disappointments can be inputs for 2020 brainstorm.

2019	SPIRITUAL	FAMILY	PERSONAL/HEALTH	PROFESSIONAL	FINANCIAL
WHAT HAS GONE WELL? (HITS)					
WHAT HASN'T GONE WELL? (MISSES)					

Behavior Assessment

What behaviors have you observed about yourself? What behaviors do you want to start, stop or continue in these areas of your life?

BEHAVIORS	SPIRITUAL	FAMILY	PERSONAL/HEALTH	PROFESSIONAL	FINANCIAL
START					
STOP					
CONTINUE					

Brainstorming Sheet

Use this sheet to free form ideas for 2020 goals use your 2019 misses to assist and behaviors you want to start, stop and continue. Ask yourself what would make 2020 your best year yet?

