

2020 Reflection & 2021 Clarity

Complete the answers below in your journal in as much detail as possible. Remember the more honest you are with yourself, the more you'll get out of this worksheet.

2020 Reflection :

For each of the areas below, describe how you showed up for yourself and others in 2020.

Health & Fitness:

Mental and Emotional Well-being:

Spiritual Well-being:

Relationships with Family :

Relationships with Friends:

Intimate Relationships:

Finances:

Career/Business:

2021 Clarity :

Imagine now that it is December 31, 2021 and you have become the best version of yourself in this year of 2021.

What are 3 words that you would use to describe this best version of you? Write them down in your journal: 1. 2. 3.

What major goal do you want to achieve in each of the areas of your life in 2021?

Health & Fitness:

Mental & Emotional Well-being:

Spiritual Well-being:

Relationships with Family:

Relationships with Friends

Intimate Relationships:

Finances:

Career/Business:

Still in your imagination... What are 1 to 3 **daily** habits this best version of you has in each of these areas of your life to achieve your 2021 goals? (Please note, some areas of your life may not have more than 1 daily habit.)

Health & Fitness:

Mental and Emotional Well-being:

Spiritual Well-being:

Relationships with Family:

Relationships with Friends:

Intimate Relationships:

Finances:

Career/Business:

Now list 1 to 3 **weekly** habits in each area that you have to achieve your 2021 goals: