



### What Will You Accomplish in 2020?

Answer the following questions honestly to the extent that you can.

They are *just for you*, so you have nothing to lose by being honest with yourself.

Think carefully, and on a separate piece of paper or in a notebook, respond to each question below:

1. What did you want to accomplish in 2019 that you didn't?
2. Do you know WHY you didn't accomplish that goal (or goals)?
3. Can you commit to getting it accomplished in 2020?
4. If not, why not?
5. If so, how will you make this year different?

Perhaps you accomplished your goals for 2019. What will be your NEW goals for 2020?

List them now. (Include 3-5 goals that you want to see through in the next year.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

