

**GOALS  
2020**



#GoalsWithGeneva

# BRAINSTORM YOUR GOALS 2020

Take a moment to brainstorm some goals for the year. You can have as many (or few!) as you like.

**IN MY RELATIONSHIPS I WANT TO**

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**FOR MY FINANCES I WANT TO**

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**IN MY CAREER I WANT TO**

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**FOR OTHERS I WANT TO**

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**FOR MY HEALTH I WANT TO**

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**FOR \_\_\_\_\_ I WANT TO**

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# CHOOSE YOUR MAIN GOALS

One way to get closer to achieving your goals is to break them up into actions and projects. I've found that the more specific I am about what's involved in the goals I want to tackle, the more likely I am to be able to do them. Tangible and achievable actions are key! So choose your main goals, and then break them down into action steps to help you get started.

**1ST MAIN GOAL** \_\_\_\_\_

*Action steps* \_\_\_\_\_

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**2ND MAIN GOAL** \_\_\_\_\_

*Action steps* \_\_\_\_\_

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**3RD MAIN GOAL** \_\_\_\_\_

*Action steps* \_\_\_\_\_

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**4TH MAIN GOAL** \_\_\_\_\_

*Action steps* \_\_\_\_\_

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**5TH MAIN GOAL** \_\_\_\_\_

*Action steps* \_\_\_\_\_

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# WORD OF THE YEAR 2020

Four years ago I started choosing a word to guide each year, and I have found it to be such a useful tool.

Choosing a word of the year helps to:

- Focus your thinking for the whole year,
- Unify your goals to make them more approachable,
- Allow for the evolution of your goals over the course of the year,
- Give you an easy way to check in on your goals, and
- Make your yearly review simple.

Not only is the focus word itself useful for guiding you through the year, but the process you go through to come to your focus word can help you define what success and happiness looks like for you.

## EXAMPLES OF FOCUS WORDS

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. BEGIN - GROW - EVOLVE - CHANGE - EXPAND - EDUCATE

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. EXPLORE - INVEST - REVIVE - RELEASE - ORGANISE

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. TRUST - LIGHTEN - HOPE - HARNESS - NURTURE - TRY

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. BALANCE - GRATITUDE - UNDERSTAND - LET GO

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. THOUGHTFUL - HEALTH - HAPPINESS - GIVE - RECEIVE

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## THESE ARE SOME WORDS THAT RESONATE WITH ME & REFLECT MY GOALS

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## MY WORD OF THE YEAR IS

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## SPECIFICALLY MY FOCUS WORD RELATES TO

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# PLANET PLEDGES

My word of the year is 'THOUGHTFUL', which is focused on putting more thought and consciousness into the things that I do, what I make and how I consume. As part of this, I'm making a few planet pledges, things I am going to do for a more sustainable 2020. If you would like, I'd invite you to join me in thinking about what actions you can take this year to reduce your footprint on the earth.

## A FEW IDEAS FOR A SMALLER FOOTPRINT IN 2020

- . Reduce waste.
- . Modify your diet for a smaller footprint.
- . Support brands that consider their ecological impact.
- . Vote for what you believe in.
- . Buy quality over quantity.
- . Compost and grow food.
- . Go solar.
- . Switch to banks that support environmental policy.
- . Buy/wear secondhand.
- . Upcycle.

## THINGS I WILL DO FOR A LIGHTER FOOTPRINT IN 2020

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