

2020 DOMAIN DESIGN

This is the meat and potatoes of Envisioning your Year. Identify possibilities for as many of these domains as feel relevant or important to you. I like to work on this section over the course of days or even weeks. This can be a living document.

Health & Well-Being: What I need to create an incredibly strong foundation for excellence, energy and fulfillment in all the other areas of my life:

1. _____
2. _____
3. _____

What I'll do this year in the service of Extreme Self-Care:

Physical Environment and Sacred Space: Ways I can make my home and office reflect who I am and what I'm creating for 2020:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Recreation and Joy: What are my top sources of fun and pleasure?

1.
2.
3.
4.
5.

Travel Possibilities:

Activities:

Books to Read:

Other:

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Personal Development: How I want to develop myself. (Traits or Skills you already have or new things to add. eg: Integrity, Grace, Persistence, Humor)

Self Expression and Creativity: Some ideas I have for expressing who I am creatively:

Some thoughts on my Spiritual Practice or connection:

Something I want to learn is:

What I would like my clothes and self presentation to say about who I am:

My Relationships

LOVE

What I want for my current or future relationship:

What I'm willing to do now to improve or attract this relationship:

FAMILY

What I would like more of, for myself and my family:

Actions I can take to move this forward:

FRIENDS & COMMUNITY

What I want:

Actions I can take to improve my friendships:

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Career / Business

What's next? What would I like to improve or add? What new standards will I implement? What I would love to see happen.

1.

2.

3.

What are the three most powerful steps I can take to move this forward:

Specific Goals:

Circle of Influence Relationships: Business Aim for the Year:

Something that would be a stretch for me to accomplish in my business or career in 2020:

What kind of income or salary I'd like for 2020:

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Financial Freedom

Financial Inventory:

Which pieces are in place? What's possible? What could benefit from attention?

1. I am saving 15-20% of what I earn.
2. My income is consistent.
3. I will double my earnings this year.
4. I have financial independence.
5. I have insurance adequate to protect my loved ones.
6. At least half of my friends save well.
7. I have support for my Financial Freedom journey.
8. I work from a budget or spending plan I trust.
9. I have a CPA and financial planner.
10. I live a lifestyle that is within or below my means.

Money Mindset

What beliefs do I have about money?

What would I like my Money Mind Set to be?

Why it would be wonderful to be Financially Free?

What I could do if I had no money concerns:

Other thoughts: