

2009 TEACHINGS

create
2020

DAY 1

2019

Key Events and Highlights

When you reflect back on 2019 what do you recall?

What were some important events? (Trips, events, milestones...)

What relationships added value to your life? Where there new friends? Big relationship changes?

What song did you love listening to this year? What would be your theme song for 2019?

What are some of your biggest accomplishments? What are you most proud of? What do you have to celebrate?

What would you like to acknowledge? For what are you grateful?

What three words sum up this year?

2019

Learnings from the Year

When you reflect back on 2019 what do you recall?

One big, obstacle or challenge I overcame this year is...

What was one key learning I received this year? What new knowledge or skills did I acquire?

What was my biggest loss or disappointment from this year and what did I learn from it?

What health challenges did I face this year? Was my health optimal? What message might my body have for me?

What are the activities, responsibilities and relationships I'm ready to let go of in order to make space for what's next?

2010-2020

Learnings from the Decade

When you reflect on the past 10 years what do you remember?

Consider the age and stage of your life during the past decade. If there were themes and overarching projects and priorities what were they? What would you call this stage of your life? Write a brief description of the past decade of your life.

How I am different than I was at the beginning of the decade?

What are the things I'm most proud of from the past decade? What are my biggest accomplishments?

What three words or phrase captures the role of this past decade and this stage of life?

DAY 2

Your Values

What would you like your life to reflect and be guided by?

The more we orient our actions, goals and lifestyle around our Central Values, the more masterful and joyful our lives will be. Get clear on your Values by:

- 1) Underlining all of the Values that are important to you.
- 2) Circle the 10 values that are MOST important to you.

Acceptance	Exhilaration	Passion
Accomplishment	Experience	Perfection
Acquisition	Experimentation	Persuasion
Adeptness	Expertise	Plan
Adventure	Explanation	Pleasure
Amusement	Family	Preparation
Aptitude	Feelings	Presence
Arousal	Freedom	Provision
Assistance	Fun	(A) Quest
Attraction	Gambling	Radiance
Awake-ness	Games	Realization
Awareness	Gloriousness	Refinement
Beauty	Glow	Reign
Bliss	Good feeling	Relate
Bonding	Good taste	Religion
Building	Government	Response
(Being a)	Grace	Revelation
Catalyst	Greatness	Risk
Cause	Guidance	Rules
Community	Hedonism	Sensitivity
Compassion	Holiness	Sensuality
Conception	Honor	Service
Connection	Imagination	Sex
Contribution	Impact	Spark
Creation	Improvement	Speculation
Danger	Influence	Spirituality
Daring	Inspiration	Sports
Design	Instruction	Strength
Discernment	Integrity	Superiority
Discovery	Invention	Support
Domination	Joy	Synthesis
Edification	Leadership	Teaching
Education	Learning	Tenderness
Elegance	Location	The unknown
Emotion	Love	Thrill
Empathy	Magnificence	Touch
Encouragement	Mastery	Triumph
Endowment	Ministering	Unity
Energy	Model	Upliftment
Enlightenment	Nurturing	Venture
Entertainment	Observation	Vision
Excellence	Originality	Winning

MY VALUES

Write the ten top circled values from the previous page on post-it notes. Move the post-its around to see if there are intuitive groupings. Identify three top values from the individual values or from the groupings. Write the Top Three Values below and in the box below each reflect on the ways that value is currently showing up in your life and how you could expand on that.

VALUE #1

VALUE #2

VALUE #3

Life Orientation

Finish these sentences quickly with the first thought that comes to mind.

The primary current focus of my life is...

The thing that matters most to me in the world is...

A favorite possession is....

My greatest desire for myself is...

What this could look like in the future..

What I want most for the world is...

Reading the above, I notice that...

WHAT'S YOUR SUPER POWER?

This is the gold! A time to celebrate you. Why? Because it's fun. And because conscious awareness of our strengths makes them even more powerful and more effective. Knowing your Super Powers can be the foundation of your planning for 2020. There are many ways to think about and access your strengths. Here's are some great tools to begin.

Skills acquired from education and experience like computer skills, languages, training and technical ability and Strengths you've gained through through experience like communication, people skills, problem solving and planning skills...

Personal Gifts: Your unique qualities like enthusiasm, creativity, dependability, flexibility, friendliness, sense of humor, expressiveness

Can you identify your Super Power yet? Write it here in bold letters. If you need help, do the Super Power Insight exercise on the next page. Consider doing it even if you have a sense of your Super Power since it's powerful to get other people's perspective.

SUPER POWER INSIGHT

Sometimes our Super Powers are so innate to us that we don't even recognize them...or we think they are no big deal. Think about what others say about you. Even better, ask? Send an email, a message or ask a friend, family member, colleague or someone else you admire to write a few words about your special gifts and skills and note them here:

Person #1:

Person #2:

Person #3:

What patterns do you see?

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:

2020 DOMAIN DESIGN

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:

2020 DOMAIN DESIGN

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:

2020 DOMAIN DESIGN

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

Money Mindset

What beliefs do I have about money?

What would I like my Money Set to be?

Why it would be wonderful to be Financially Free?

What I could do if I had no money concerns:

Other thoughts:



Your Impossible Goal

2020

Now that you've made a bit of a road map for next year, I want to invite you to think bigger.
Listen to Episode #101 of the Super Power U Podcast "An Impossible Goal for 2020" at
lisabl.com/101

Brain Dump: What Might Your Impossible Goals Be?
Don't censor. Don't limit by what's "realistic". Don't edit.
What's exciting, outlandish, crazy or never been done before?

The Impossible Goal I CHOOSE is: