





# Goal Setting


for the end of a decade: a tool to help you  
review 2019 effectively and look forward to  
2020 enthusiastically with Katie Rose





Self-care is the act of creating a life you don't need to run away from. Rather than adding 'treats' into your life in reaction to the parts you do under sufferance, the project becomes one of designing a life you want to live.

What changes could you make to create a life you love?



# Reviewing 2019



AREAS FOR CELEBRATION:



AREAS FOR IMPROVEMENT:



THE WORK I DID IN 2019 THAT WAS IN FULL INTEGRITY AND OF SERVICE WAS:



THE PLACES I DIDN'T FEEL ALIGNED TO MY MISSION WERE:



# Reviewing 2019



IF I KNEW AT THE BEGINNING OF 2019 WHAT I KNOW NOW I WOULD HAVE:



IN THESE AREAS THERE WAS FLOW AND ABUNDANCE:



I FELT THE MOST LOVE IN 2019 WHEN:

# Manifesting for 2020



WHO DO I ADMIRE AND WHY?



RATHER THAN GET STUCK IN A JEALOUS OR ENVIOUS ENERGY  
HOW CAN I CULTIVATE MORE OF THE QUALITIES THEY HAVE IN  
MYSELF? HOW CAN I BE INSPIRED AND AMPLIFY WHAT I ALREADY  
HAVE IN ABUNDANCE?



KARMICALLY I DESERVE SUCCESS BECAUSE:



# Manifesting for 2020



MY WORK IS IN FULL INTEGRITY AND SERVICE BECAUSE:



MY TOP THREE WORK GOALS IN 2020 ARE:

1.

2.

3.



MY TOP THREE PERSONAL GOALS IN 2020 ARE:

1.

2.

3.



# Manifesting for 2020



I COULD FIND MORE PEACE BY:



I COULD EXPERIENCE MORE LOVE BY:





IN 2020 I WILL MANIFEST:



My Personal Affirmation / Mantra for 2020





May all beings everywhere be happy  
and free; may the thoughts, words  
and actions of my own life contribute  
in some way to that happiness and to  
that freedom for all.