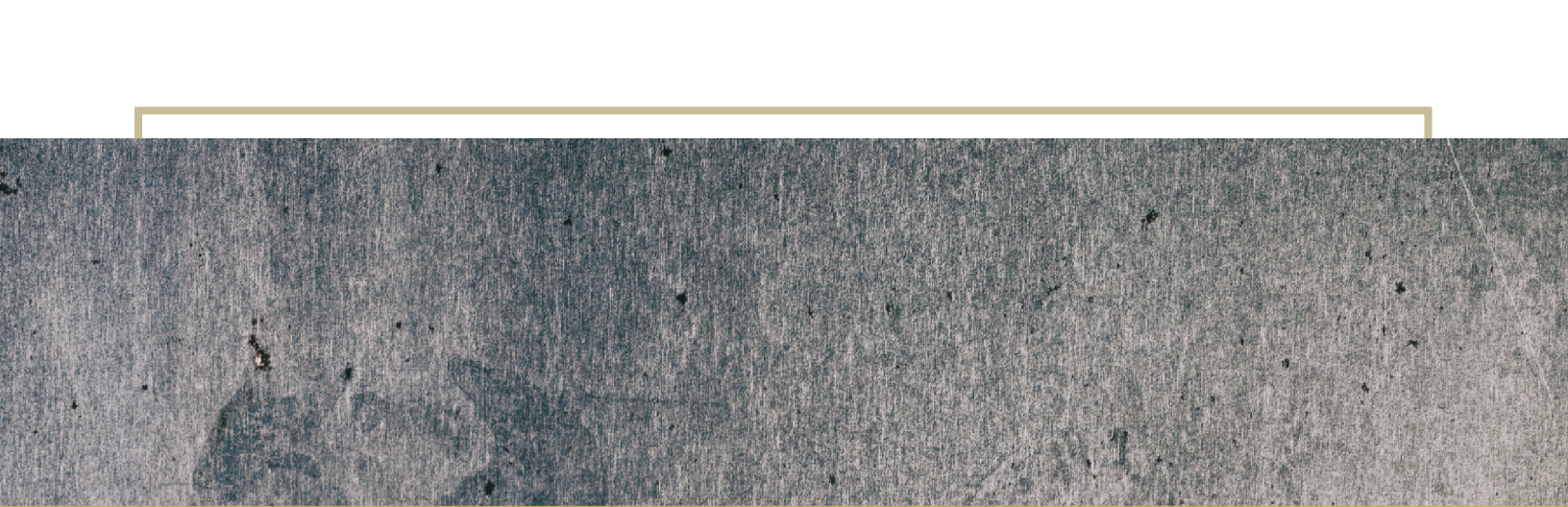

HAPPY NEW YEAR

2020 IS HERE

A NEW DECADE



New Year's Reflection Guide



Here's what to do:

Step 1:



Take some time today to reflect on your 2019, the highs, the lows, the good, the bad. All of it.

Write it down, journal about your struggles and your triumphs.

Acknowledge what you felt and what you learned. Jot down how you feel right now after this 2019 holiday season.

I love doing this as a mind-mapping exercise where I just write down words that represent 2019 to me all over the page, with "2019" in the very middle of the page. (above is my example).

Once you do that, remember to give ultimate gratitude for everything you've experienced this past year and the ability to do so.

Then release it, let go!



Welcome 2020! The year of.....

Step 2:

After you complete the exercise around closing 2019, you now get to welcome 2020 with open arms. What do you want to be, what do you want to do, where do your dreams lie? How will you set this year up to be your best year yet? How will you design your life to love?

To start this process, use your answers from the previous exercise in saying goodbye to 2019.

Look deeply at those answers and reflect on how you want this year to feel and be for you.

So if you wrote down that you felt 2019 was a struggle for you, maybe in 2020 you want to feel like things are easier. On a separate page of your journal or new piece of paper, you will journal about all the feelings, experiences and desires you have for 2020,



This Year **2020**

Your life is your own,
So do what makes you unique,
Follow your chosen path,
And let your soul leak,
Into the lives of others,
Whether they are strong or weak,
This new year is for you as well,
So let you scent reek.
Happy New Year.

FITPOWERMENT



[illegible]

Step 3:

Finally, come up with a theme around 2020.

This is the theme you will carry throughout the year for you to use to come back to your true dreams, hopes and desires.

Let your theme be playful! Pay attention to how it makes you feel when you say it or think about it.

Let it ignite you and maybe even get you so excited you want to get up and dance! If you don't have this type of reaction, keep searching for your theme.

Once you feel fired up, excited and full of joy for your theme and what 2020 represents, then you have found your theme.



A hand holding a lit sparkler against a dark background with bokeh lights. The sparkler is bright and glowing, with many small sparks flying out. The background is dark with some out-of-focus lights.

In 2020,
LET'S START
MAKING YOUR
DREAMS COME
TRUE!

FITPOWERMENT

Here is my theme for 2020!



2020 is your year to be magnificent! 2020 is your year to live a life you LOVE! You have one precious gift called life...

.Live An Intentional Life and design a life you love.

Hillary Plauche

Visit www.HillaryPlauche.com for more tips, resources etc.