

MAKE THIS YEAR YOUR  
BEST YEAR YET

# 2020 planner

# GOAL SETTING PLANNER & WELLNESS WORKSHEETS

## *Includes*

Short Term Goals  
Long Term Goals  
Goal Setting  
Weekly To Do List  
The Gratitude Journal  
Challenging Negative Thoughts 1  
Challenging Negative Thoughts 2  
Trash Thoughts  
I Keep My Cup Full  
Journal Prompts 1  
Journal Prompts 2  
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Life Improvement Tips  
Life Improvement Checklist

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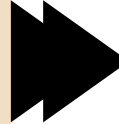
# SHORT TERM GOALS

## MY GOAL

## ACTION STEPS TO ACHIEVE MY GOAL:

<i>1.</i> <div style="border: 1px solid black; height: 100%; width: 90%;"></div>		<i>2.</i> <div style="border: 1px solid black; height: 100%; width: 90%;"></div>
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<i>3.</i> <div style="border: 1px solid black; height: 100%; width: 90%;"></div>		<i>4.</i> <div style="border: 1px solid black; height: 100%; width: 90%;"></div>
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<i>5.</i> <div style="border: 1px solid black; height: 100%; width: 90%;"></div>		<i>6.</i> <div style="border: 1px solid black; height: 100%; width: 90%;"></div>
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“A flower doesn’t blossom overnight.  
It takes consistency and patience in order to see its true potential.  
My life is like a flower that blossoms.” -Ash Alves


# LONG TERM GOALS

## MY GOAL

## ACTION STEPS TO ACHIEVE MY GOAL:

*1.* *2.*

*3.* *4.*

*5.* *6.*

"The biggest adventure you can take in life is to live the life of your dreams." - Oprah Winfrey

# GOAL SETTING

NAME: \_\_\_\_\_

START DATE: \_\_\_\_\_

END DATE: \_\_\_\_\_

MY GOAL IS...

STEPS TO REACHING MY GOAL:

1.

2.

3.

4.

5.

THINGS THAT WILL HELP ME REACH MY GOAL:

1.

2.

3.

4.

5.

WHAT MY LIFE WILL LOOK LIKE WHEN I REACH MY GOAL...

# Weekly To Do List

(THIS WEEK IS GOING TO BE AWESOME)

FROM \_\_\_\_\_ TO \_\_\_\_\_

Goals:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

# GRATITUDE JOURNAL

I AM GRATEFUL FOR:

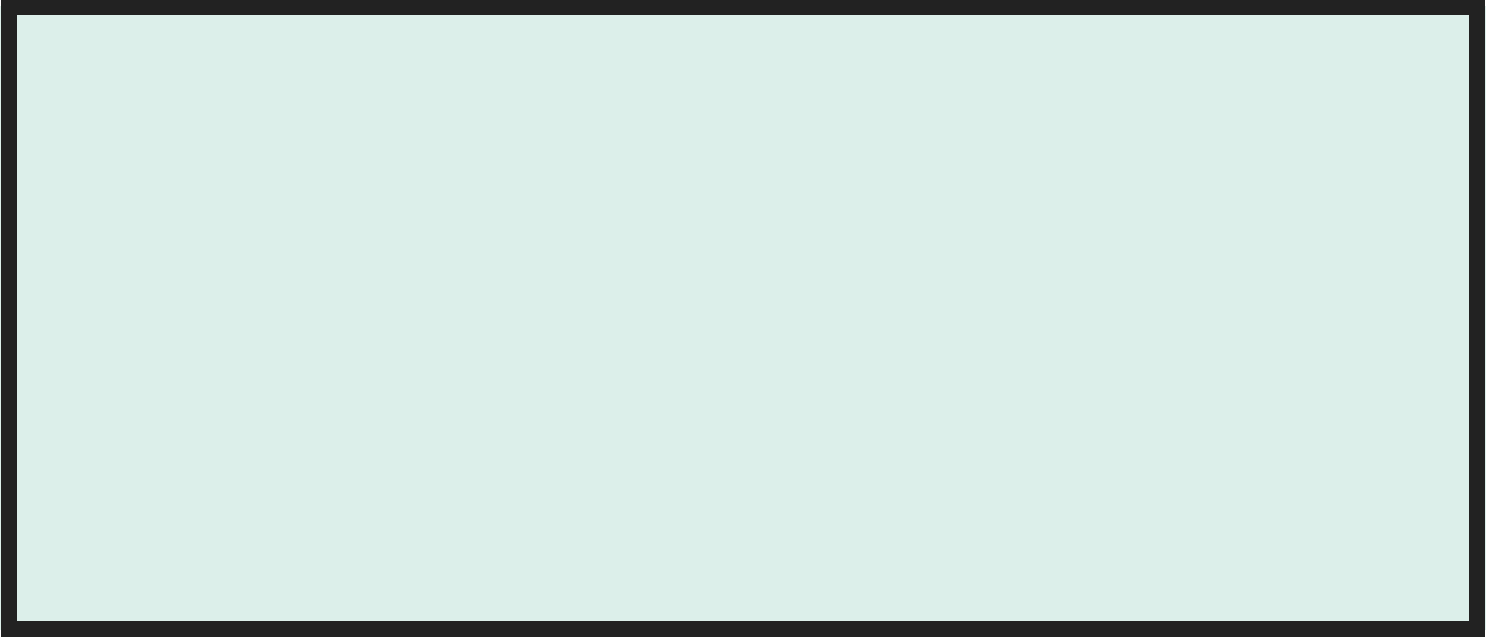
THINGS I AM LEARNING  
FROM MY STRUGGLES:

“Let the gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good” - Maya Angelou

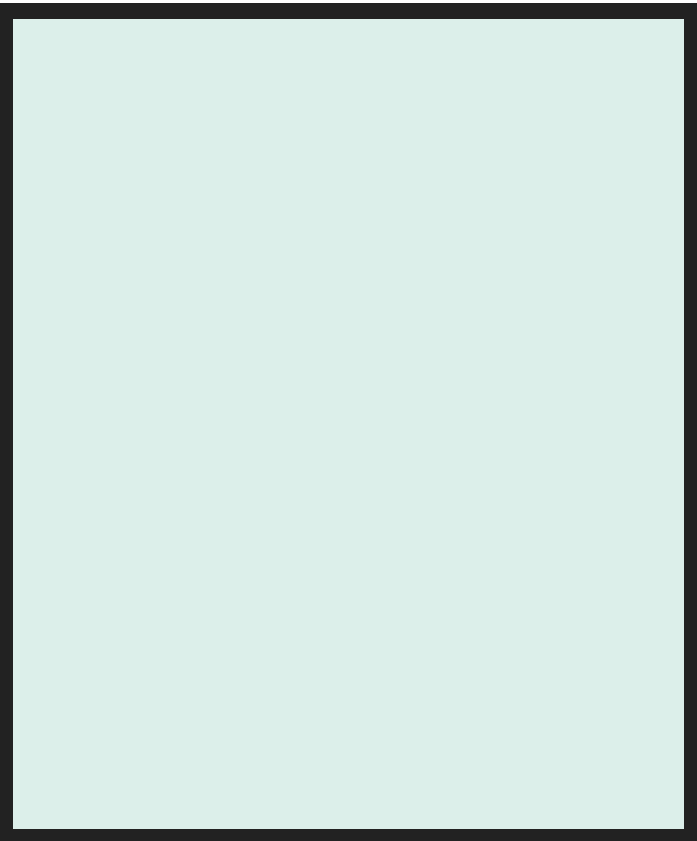


# CHALLENGING NEGATIVE THOUGHTS

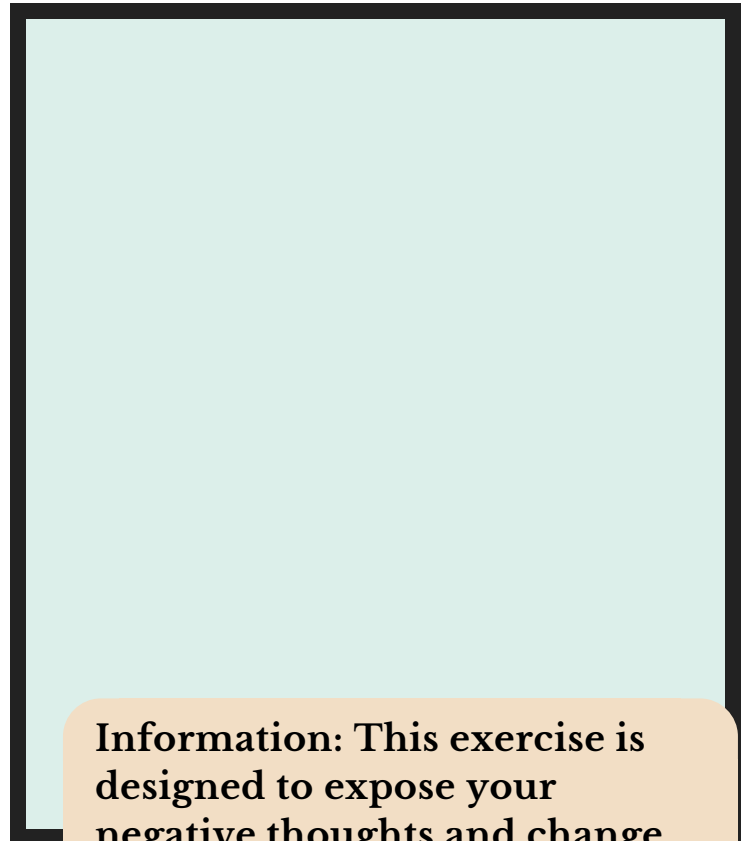
**NEGATIVE THOUGHTS:**



**HOW DO I FEEL?**



**WHAT HAS TRIGGERED ME?**



**Information:** This exercise is designed to expose your negative thoughts and change your perspective.

# CHALLENGING NEGATIVE THOUGHTS (2)

**Is there any evidence that contradicts this thought?**

**What would you say to a friend who is in a similar situation?**

**How will you feel about this in 6 months time?**

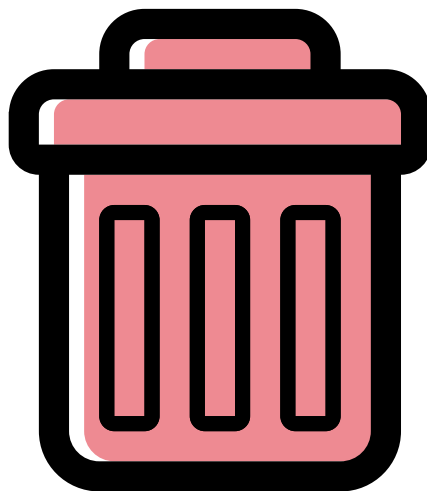
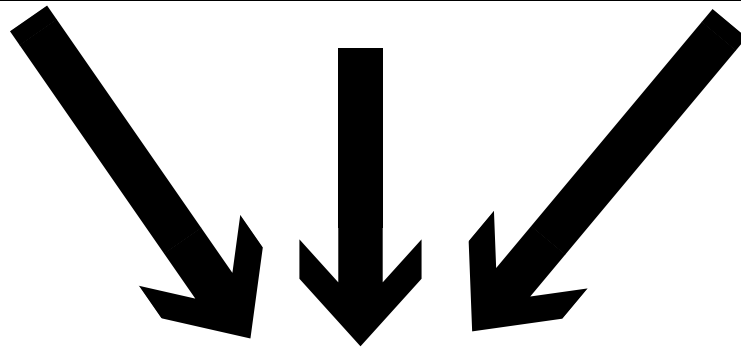
**An alternative way of looking at this situation?**

**Information:** This exercise is designed to expose your negative thoughts and reframe your mindset to address your challenges.

# TRASH THOUGHTS

I LET GO OF:

- 
- 
- 
- 
- 

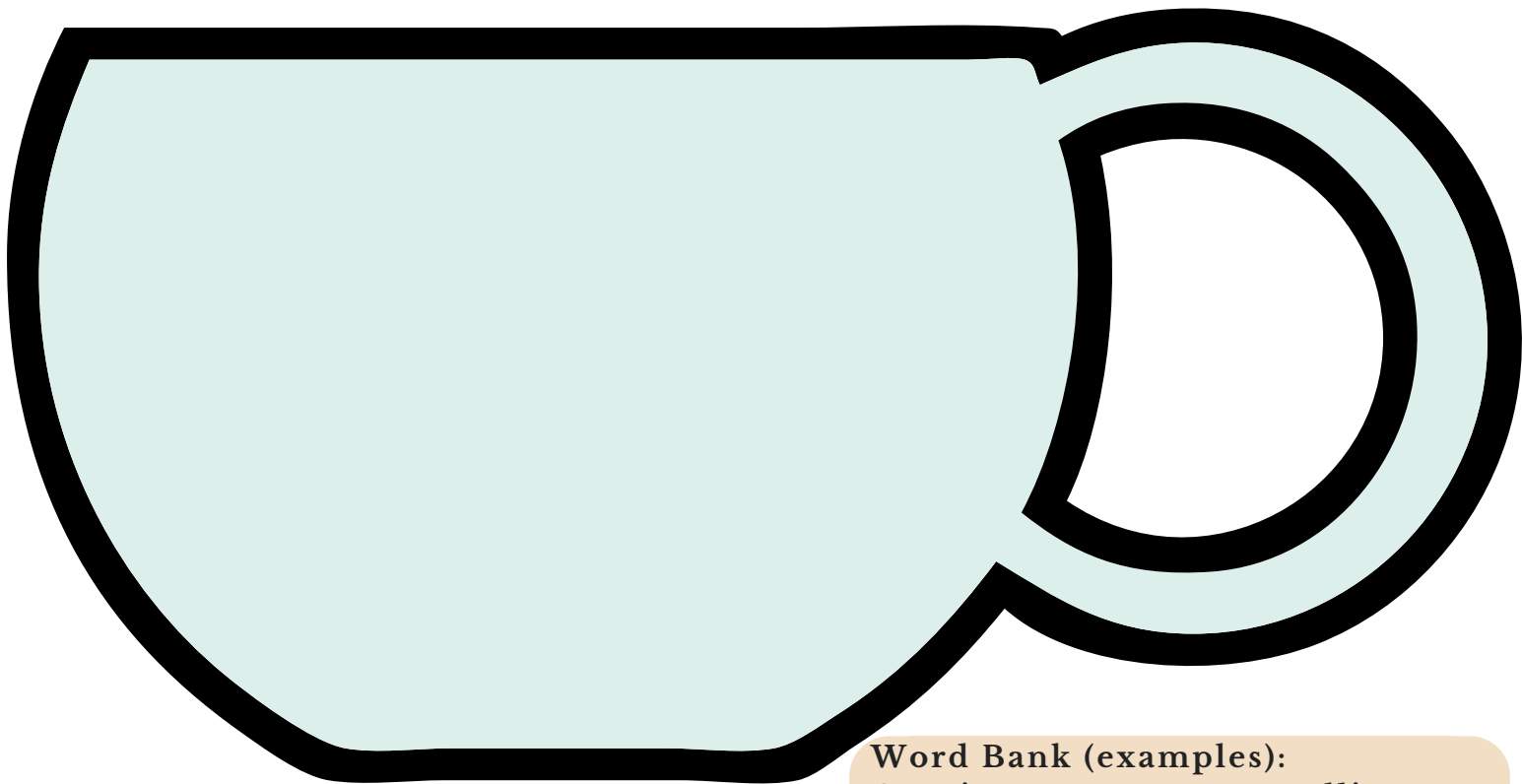
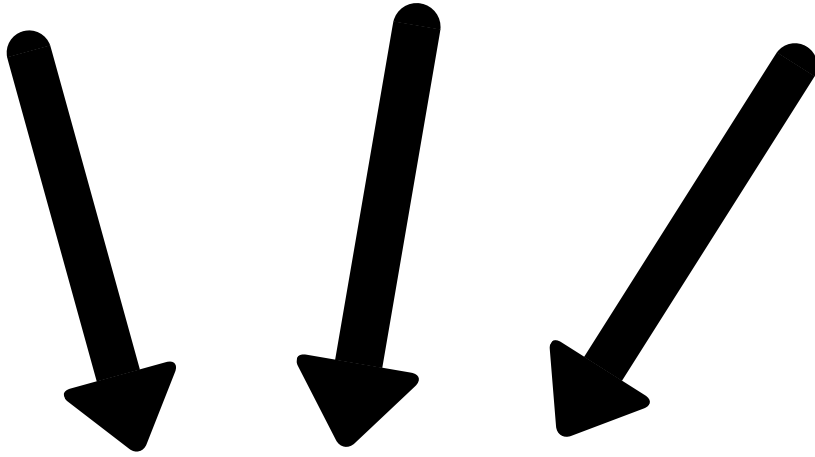


**Need help?** This exercise is made to help you let go of any negative thoughts that no longer serve you. The trash bin symbolizes getting rid of the old and making space for the new. An example of a trash thought-"My body is unattractive"

"I will no longer let the pain of my past ruin the happiness of my future" - Ash Alves

# I KEEP MY CUP FULL

Fill up this cup with any positive words that describe the attributes/ traits you have or aspire to obtain. This exercise is made to remind you that you are enough being uniquely you and you're pretty awesome too!



## Word Bank (examples):

Consistent

Kind

Compassionate

Understanding

Beautiful

Intelligent

Successful

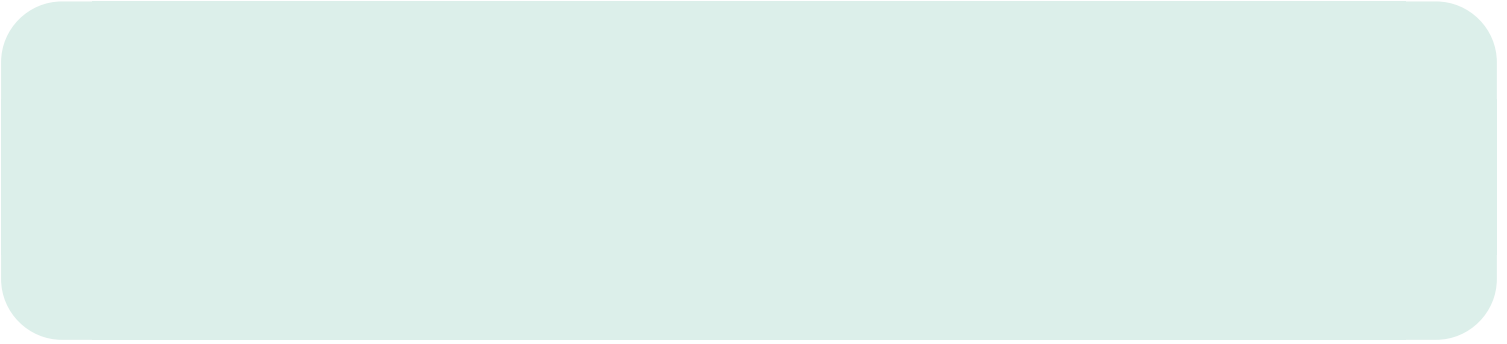
Spiritual

Adaptable

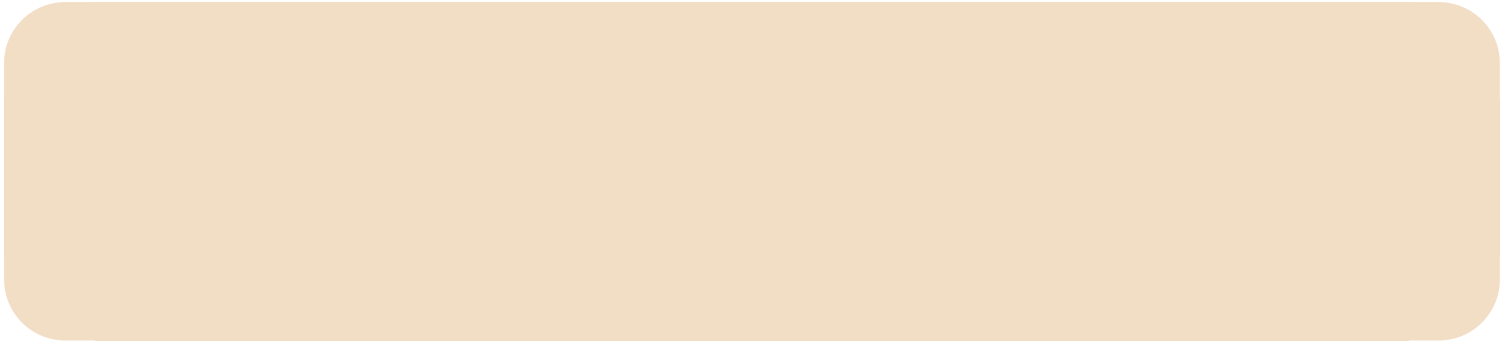
Listener

# JOURNAL PROMPTS

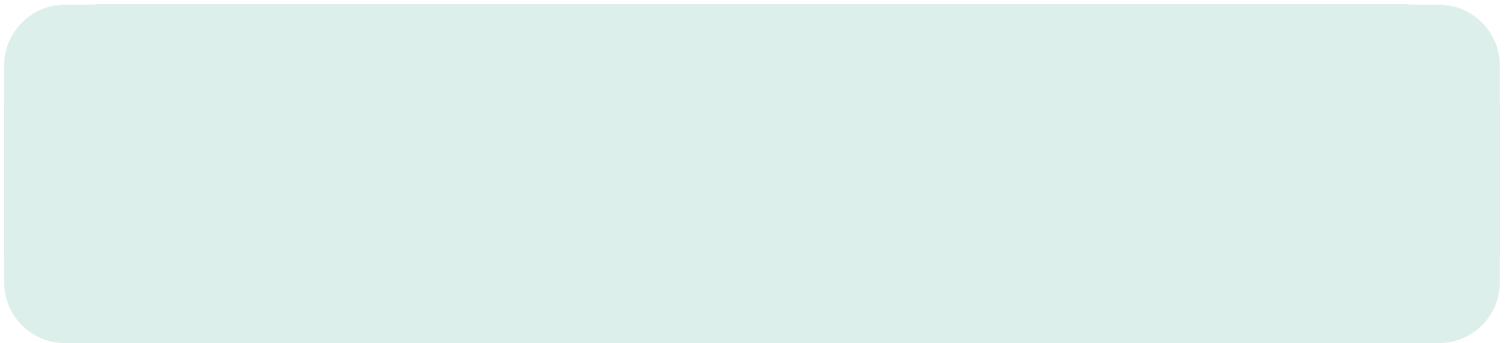
WHAT ARE MY VALUES? (I. E. CARE, JUSTICE)



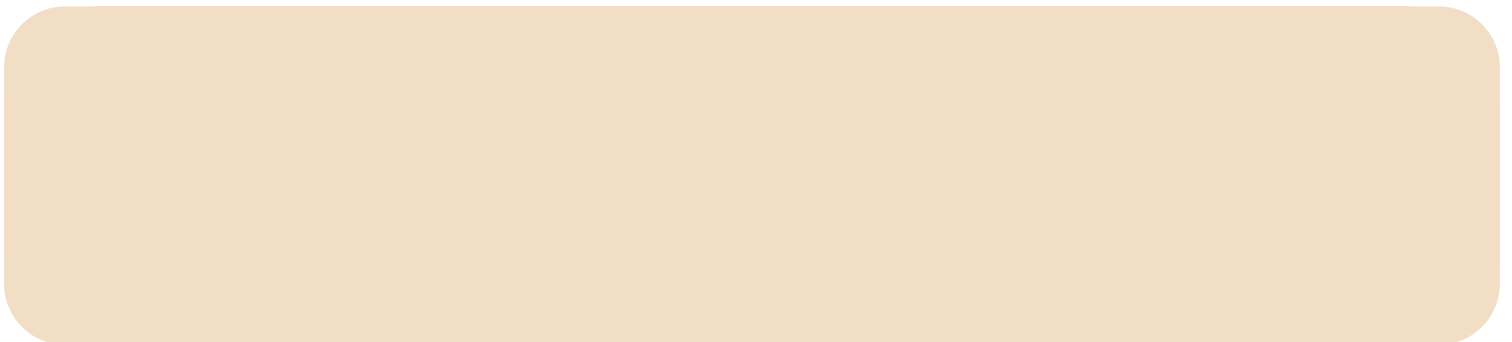
WHAT KEEPS ME GOING?



WHERE CAN I TAKE MORE ACCOUNTABILITY IN MY LIFE?



WHAT CAN I DO TO FEEL BETTER ABOUT MYSELF/LIFE?



# JOURNAL PROMPTS

MY BEST QUALITIES ARE...

3 THINGS THAT MAKE ME UNIQUE...

IF I WERE TO ENVISION MY GRAND LIFE, IT WOULD LOOK LIKE...

I FEEL EMPOWERED WHEN...

I AM GRATEFUL FOR...

# JOURNAL PROMPTS

I AM PROUD OF MYSELF BECAUSE...

I NEED TO FORGIVE MYSELF FOR...

I NEED TO FORGIVE OTHERS FOR...

I FEEL THE HAPPIEST WHEN...

I AM LETTING GO OF...

# LIFE IMPROVEMENT TIPS:

- 1. Practice of living consciously-** Are you mindful of the behaviours and thoughts you are having?
- 2. Practice of self-acceptance-** Do you accept all aspects of yourself, even your darkest, most intimate side?
- 3. Practice of self-responsibility-** Being responsible for your actions and your choices. Are you exercising agency in your life decisions?
- 4. Practice of self-assertiveness-** How assertive are you with your own values/ principles/ philosophies and goals? Are they worth fighting for in the face of resistance from others?
- 5. Practice of living purposely-**To be peaceful, you need to have a sense of purpose.
- 6. Practice of personal integrity?** Are you living up to your own expectations of yourself? Are you in alignment with your highest self?



# LIFE IMPROVEMENT CHECKLIST:

**Affirmations-** Recite affirmations to yourself x10 morning, afternoon and before bed in the mirror for a period of 30 days.

**Challenges-** Do 1 thing a week out of your comfort zone (smile at a random stranger/ say hello to someone new/ go to the gym)

**Find a Hobby-** What do you love doing? Maybe it's writing, basketball, fashion? Turn it into hobby i.e create a fashion blog or take pics of your outfits and create a social media account of your looks.

**Cultivate Joy-** Do something that brings you joy. Maybe listen to your favourite album or light some candles, or twerk in the mirror.

**Find Positive Relationships-** Spend more time with people who elevate and uplift you. If you don't have people in your life that make you feel good, then find a tribe of people. Reach out to someone online or even join a support group.

**Exercise-** Do some physical activity at least 3 times a week, for around 20 mins a day.

**Self Care Time-** Put on a face mask, meditate, journal

**Eating-** Add greens/fruit and water to your daily eating

***WR.***

**X**  
*Ash Alves* 

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