

Let's do this!

*a workbook to help you step into 2020 with
closure, clarity and intention*



by Marcia Francois

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Marcia Francois has a God-given passion to inspire and motivate women to take intentional and focussed action towards their goals.

Sign up for the list at <http://www.marciafrancois.com> for the free monthly goals pack, and a monthly encouraging and inspiring email newsletter.

Looking back at 2019...

When we don't close out the old year properly, we can't focus fully on the year ahead. Take some time to think through these questions and spend the time reviewing the year that's just passed.

- What went well this year? What have you accomplished? Which good things happened to you?

- What are you most grateful for this year?

- What were you most proud of this year?

- *What did you learn about yourself? Which lessons do you want to take forward into the new year? What was your biggest lesson?*

- *Did you choose a word of the year? How did your word work out for you?*

- *What was the most challenging part of 2019?*

- *Which behaviours do you not want to repeat in 2020?*

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- *What do you need to let go of in order to move forward? Emotions, commitments, expectations? Do you need to forgive someone? Maybe you are that someone. Do you need to lower your expectations in any areas?*
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- *Is there anything else niggling at you about 2019? Thoughts/ feelings/ unrealised goals or dreams? Write those down here.*
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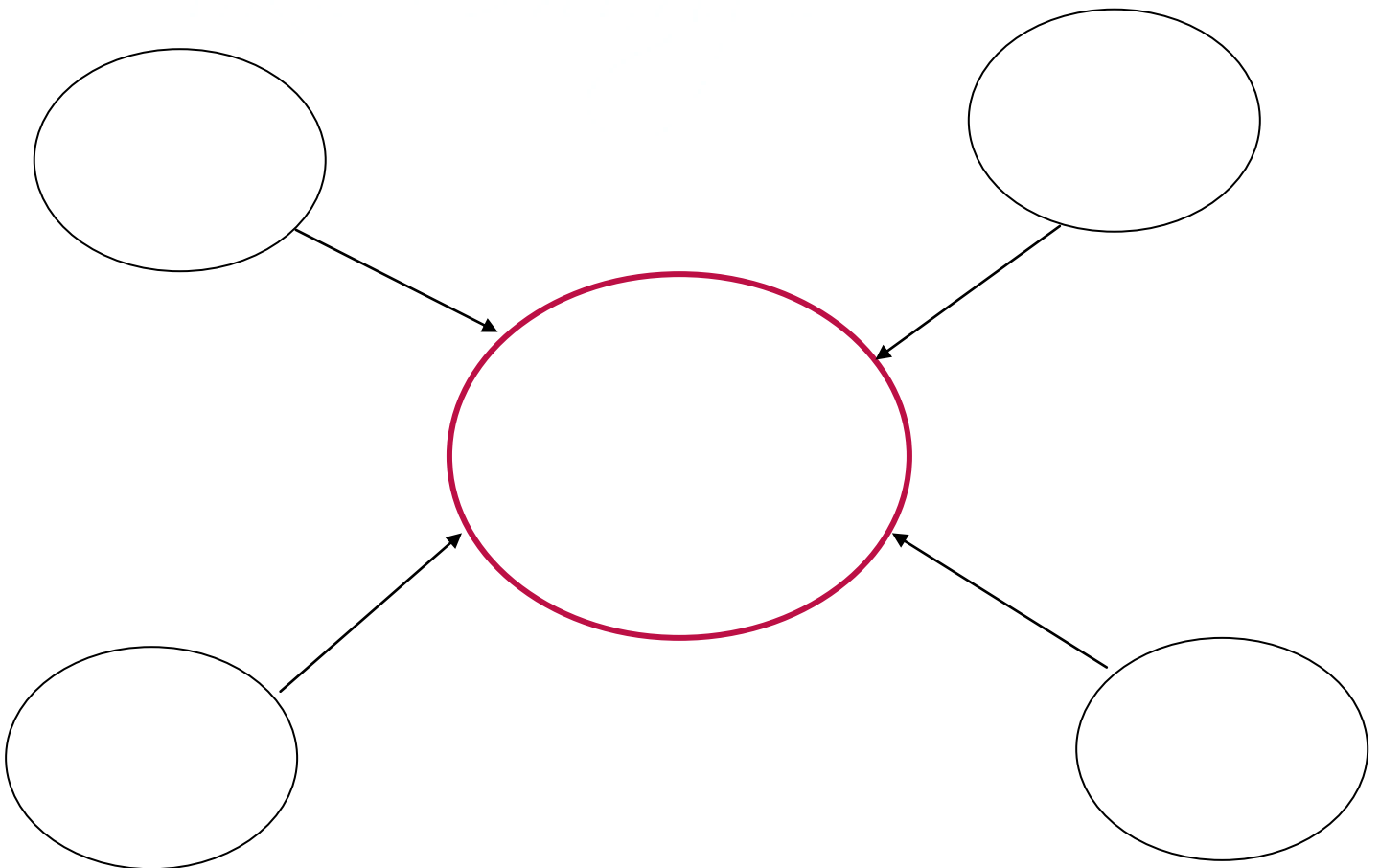
In a word/ phrase, 2019 was _____

2020 intentions

My word of the year is

What this word means to me

If you feel it necessary, add some additional words to support your word of the year, or choose a word for each season.



Your definition of success

What will success look like for you in 2020?

More importantly, I will NOT define success by these things...

My 2020 Goals

You may want to break it up into categories like faith, family, fitness, fun, etc.
OR if you're focusing on one or two main areas, then do that. You do you!

Things I want most in my life this year

1	
2	
3	
4	
5	
6	
7	
8	

Quarterly goals/ Seasonal projects

Projects I want to focus on for these 90 days

January - March

1	
2	
3	

April - June

1	
2	
3	

July - September

1	
2	
3	

October - December

1	
2	
3	

Resources

This workbook was step 1 in the process of living your intentional life.

I hope you enjoyed working through it and thinking through the questions.

To help you with next steps, I have a few other resources to guide you towards further action.

1. [Four Tendencies workshop](#)
2. [The Goals Product Bundle](#) 
3. [Break out of overwhelm](#)
4. [Virtual 1:1 organise your office workshop](#)
5. [Simplify your life self-paced course](#)
6. [Private coaching sessions](#) - set up your free 15-minute discovery session now

Wishing you an amazing 2020!