

20 LIFE CHANGING HABITS FOR 2020

THE 20 HABITS

1. FILL IN THE BLANK
2. CREATE A MOOD BOOSTER
3. CLEAN AS YOU GO
4. CUT DOWN ON SUGAR AND CARBS
5. DAILY MOVEMENT OUTDOORS
6. VALUE YOUR TIME
7. WORK ON YOUR GOALS DAILY
8. CREATE A MORNING ROUTINE
9. GO TO SLEEP EARLY, WAKE UP EARLY
10. NO DEVICES AN HOUR BEFORE BED
11. GIVE 100% ATTENTION TO LOVED ONES
12. PRACTICE GOOD BOUNDARIES
13. FIND PEOPLE WHO INSPIRE YOU
14. DECLUTTER YOUR HOME
15. CURATE YOUR SPACE
16. BE OPEN TO CHANGE
17. BE PROACTIVE
18. COMPLETE A 'NO COMPLAINING' WEEK
19. PRACTICE GRATITUDE
20. BE MORE PRESENT IN YOUR LIFE

FILL IN THE BLANK

In 2019 _____ made me feel really good. This is the best place to start your 2020 journey. Be sure that what made you feel good in 2019 was a healthy habit.

Healthy habits:

- do not rely on others' mood or behaviour
- are not damaging to you or others
- can be replicated

NEW YEAR GOALS

What are three things that you would like to prioritise in 2020? Write down your goals and 3-4 action steps for each one.

GOAL 1: _____
ACTION STEPS

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-
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GOAL 2: _____
ACTION STEPS

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-
-

GOAL 3: _____
ACTION STEPS

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-
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PRACTICE GRATITUDE

Start a gratitude journal. Write down 3-5 things you are grateful for daily. Consult your list a few times a day. Start now by writing down 5 things you are grateful for today.

- 1.
- 2.
- 3.
- 4.
- 5.

VISUALISE 2020

Describe how you want 2020 to look and feel. Be specific!