

Goals with Soul

Year 2020 Desired Feelings

(Write here the feelings you want to feel)

E.g. Appreciation, Valued

Goals for 2020

(What actions, life/work events, activities would help you generate these feelings?)

E.g. When someone says "thank you" really take time to receive and appreciate it.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____