

## 2020 Goal Setting prompts

### Journaling (reflections):

1. What are items from 2019 you want to bring into 2020? (/what do you want *more* of?)
2. What do you want to leave behind in 2019? (/what do you want *less* of?)
3. During 2019, where was your energy focused?
4. What is one word you would use to describe the theme of 2019?

### Journaling (future):

1. At the end of 2020, looking back, what are you proud of?
2. What is one word you want to use as your theme of 2020?
3. What are new things you want to bring to 2020?

(If you're a virgo like me), maybe these will help, too:

1. What data do you want to collect over the course of 2020?
2. If you were to write a year in review or if you were to track your personal "OKR"s for 2020, what info would you want to see?