

## NEW DECADE NEW YOU-VIEW! What DO You Want in 2020?



*“One of the easiest ways to begin clarifying what you truly want is to make a list of 30 Things you want to DO, 30 Things you want to HAVE, and 30 Things you want to BE before you die. This is a great way to get the ball rolling.” ~Jack Canfield*

### Why Resolutions Don't Work

The reason most resolutions don't work is that they address only one level of your life: The DO level. This is what my mentor calls the DO-HAVE-BE model...

“I will DO this thing...” (i.e., Lose weight)

“...so I can HAVE this other thing...” (Self-Esteem)

“...and then I can BE this thing.” (Confident)

The average New Year's Resolution doesn't address the core of the entire issue – the “BE” level. The best order for creating positive changes in your life is the BE-DO-HAVE model. This means that if you want to soar in your work and life, you must start from the BE level. When you begin changing on the BE level of your life, then the DO level and the HAVE level follow more easily.

### A Better New Year's Ritual

For 12 years now, instead of resolutions, I've picked words to guide me throughout the year—touchstones to ensure that my actions were inspired from the BE level. (In fact, I took more action than ever with this new approach!) Words like *Transformation, Impact, Wholehearted, Becoming, Sojourn, Spacious, Integrate, and Graceful*. In 2020 it will be *Presence*.

So, are you ready to take a look at what YOU want in 2020? I recommend getting quiet for a few minutes and fill out this Brainstorming exercise called: **“30 things I want to DO, HAVE, and BE in My Work & Life”**, which is designed to help you gain clarity and focus.

Look at some of the things you want to accomplish next year, and ask yourself “what kind of person is able to achieve these things? Remember what you're Doing is only 1/2 of the success equation...the other 1/2 is who you are *BEing* while you do what you do. When you're finished with the exercise, be sure to pick a word that resonates with who you want to become.

## 30 things I want to BE:

1 \_\_\_\_\_ 16 \_\_\_\_\_

2 \_\_\_\_\_ 17 \_\_\_\_\_

3 \_\_\_\_\_ 18 \_\_\_\_\_

4 \_\_\_\_\_ 19 \_\_\_\_\_

5 \_\_\_\_\_ 20 \_\_\_\_\_

6 \_\_\_\_\_ 21 \_\_\_\_\_

7 \_\_\_\_\_ 22 \_\_\_\_\_

8 \_\_\_\_\_ 23 \_\_\_\_\_

9 \_\_\_\_\_ 24 \_\_\_\_\_

10 \_\_\_\_\_ 25 \_\_\_\_\_

11 \_\_\_\_\_ 26 \_\_\_\_\_

12 \_\_\_\_\_ 27 \_\_\_\_\_

13 \_\_\_\_\_ 28 \_\_\_\_\_

14 \_\_\_\_\_ 29 \_\_\_\_\_

15 \_\_\_\_\_ 30 \_\_\_\_\_

**If you can change you,  
you can perhaps change the world.  
~ Vivienne Westwood**

## 30 things I want to HAVE:

1 _____	16 _____
2 _____	17 _____
3 _____	18 _____
4 _____	19 _____
5 _____	20 _____
6 _____	21 _____
7 _____	22 _____
8 _____	23 _____
9 _____	24 _____
10 _____	25 _____
11 _____	26 _____
12 _____	27 _____
13 _____	28 _____
14 _____	29 _____
15 _____	30 _____

**“The indispensable first step to getting the things  
you want out of life is this:  
decide what you want!”  
~ Ben Stein**

## 30 things I want to DO:

- 1 \_\_\_\_\_ 16 \_\_\_\_\_
- 2 \_\_\_\_\_ 17 \_\_\_\_\_
- 3 \_\_\_\_\_ 18 \_\_\_\_\_
- 4 \_\_\_\_\_ 19 \_\_\_\_\_
- 5 \_\_\_\_\_ 20 \_\_\_\_\_
- 6 \_\_\_\_\_ 21 \_\_\_\_\_
- 7 \_\_\_\_\_ 22 \_\_\_\_\_
- 8 \_\_\_\_\_ 23 \_\_\_\_\_
- 9 \_\_\_\_\_ 24 \_\_\_\_\_
- 10 \_\_\_\_\_ 25 \_\_\_\_\_
- 11 \_\_\_\_\_ 26 \_\_\_\_\_
- 12 \_\_\_\_\_ 27 \_\_\_\_\_
- 13 \_\_\_\_\_ 28 \_\_\_\_\_
- 14 \_\_\_\_\_ 29 \_\_\_\_\_
- 15 \_\_\_\_\_ 30 \_\_\_\_\_

**What Words might help guide you this year?** \_\_\_\_\_

In preparation for our Vision Board Workshop, begin cutting pictures out of things that represent what you have listed. Maybe google the words and click on “images” to find things that resonate. Which pictures stir positive emotion deep within you, bring a smile to your face, or make you want to say “YES”? Choose photos that represent what you want to see, hear, smell, taste and touch in 2020.

Of course I’ll have magazines available, but for a head start, bring those pictures, plus a picture of YOU to put on your Vision Board! Can’t wait to see you there!