

2020 VISION



DESIGNING YOUR DECADE

It's the start of a new decade! What does this mean for you? How can you use the next decade to reach your goals? Let's plan for 2020 together! This will build on the **DESIGN YOUR DECADE** exercise. Start with the Design Your Decade exercise. Then join us on DEC 29TH at NOON (PST) - Let's make 2020 your year!

STEP ONE: DESIGN YOUR DECADE: Block out some time for yourself. About two hours. Put it on your calendar!

STEP TWO: Pick an inspiring spot to get away for that time.

STEP THREE: Think of something rewarding you can do when you're done with this process. A spa treatment. A movie date. Whatever brings you joy.

STEP FOUR: At your scheduled time, go to your spot to do the following: 1. Spend 30 minutes writing about what worked for you over the last decade. 2. Spend 30 minutes writing what didn't work for you. 3. Spend an hour writing how you would like your life to look in the future. Take time to explore all of your ideas. BE SPECIFIC.

STEP FIVE: Circle three things that really stick out to you that you will do in the new year. And in the next decade.

STEP SIX: Join us at noon (PST) on December 29th. We will give you more tools to help you jumpstart your 2020!

REGISTER FOR THE 2020 VISION SESSION AT:

<https://hollywoodgatekeepers.net/2020vision>