

WHAT
IF
2019
SUCKS

2018: BEFORE 2018 WAS A THING

What ideas did you have about 2018 before it even started? I'm talking:

- Formal goals you set for yourself
- New Year's resolutions
- Hopes and dreams
- Promises made to a friend or loved one
- Discussions you had with a boss or co-worker
- Milestones you expected to reach before your 2018 birthday

Write them all down below.

2018: WRITE DOWN ALL THE FANTASTIC THINGS THAT HAPPENED TO YOU

What happened?	How surprised were you?

2018: WRITE DOWN ALL THE HORRIBLE THINGS THAT HAPPENED TO YOU

What happened?	Be honest with yourself – How surprised were you?	What do you wish you'd done differently?

2018: JEALOUSY AND TERROR

Think back on all the things that happened in the world around you this year. They could involve friends, family members, or strangers on the internet. I know, 2018 was a LOT.

First write down the things you **wish** had happened to you.

What happened?	Who'd it happen to?	Let's be real – what are the odds it will happen to you in the next year?

Next, write down the things you're **terrified** will happen to you.

What happened?	Who'd it happen to?	Let's be real – what are the odds it will happen to you in the next year?

YOUR GOALS FOR 2019

Congratulations! You already know what your 2019 goals are going to be. Use the list of things you wish you'd done differently on page 4, as well as everything (good and bad) on page 5 that has a **greater than 50% likelihood** of happening to you in the next year.

Take some time to ponder before you start writing. Make sure you only set goals that you can and will do **by yourself** if you have to. It's okay to re-word things so they can be solo accomplishments, or drop items from your page 5 lists altogether that you can't do alone. Write your goals down below.

Before you do anything else, go back to your "terror" list on page 5 and cross out all the things with less than a 50% likelihood of happening to you in the next year. Give yourself the gift of never thinking about any of that stuff ever again.

2018: THE BIGGEST SURPRISES

I know, you had goals for 2018 too, and some of those goals got completely derailed. That's why you're going to make sure you have the support you need to face 2019.

Write down everything from both pages 3 and 4 that was a moderate to huge surprise. Yes, the positive things, too. Any lottery winner will tell you that fantastic surprises can mess up your life just as much as horrible ones.

What happened? (Briefly.)	Did anyone in your life see it coming? Whom?	Who was particularly helpful after it happened?

YOUR SUPPORT TEAM FOR 2019

Fill in the rubric below with the names from page 7, along with how they support you. Now, I know sometimes you have no choice but to go it alone. If you were caught off-balance in 2018 and didn't get the help you needed, I'm sorry that happened to you. It's shitty. It has nothing to do with how worthy you are of help in the future. You absolutely deserve support! Start by brainstorming the help you needed in 2018 below, and then match it to the folks in your life who can support you moving forward.

Who can help?	What do they do that is most helpful?

This is your support team. **Right now, before you do anything else**, I want you to text, email, call, or write a note to every single one of them that says something like:

Thank you for helping me survive 2018! I'm probably going to need some more help in 2019. I've got your back for 2019, too!

For goals that involve your health, education, professional growth, or even community involvement, you might need help that has an institutional structure behind it. Brainstorm below to make sure you get all the kinds of support you need in 2019.

Who can lend more formal support?	What goal/s can they help with?

YOUR ACTION PLAN FOR 2019

Look back at your goals on page 6. Some of the goals on your list might involve behavioral changes that, honestly, you could probably start working on now if you wanted to. Other goals might be connected to a particular event or time of year. Break them out below so you can start figuring out how best to attack all of your goals.

Write down the goals that require sustained action over a general period of time.

Write down the goals that are time-specific. **Before you do anything else**, set yourself calendar reminders around these goals!

KEEP ON PLANNING YOUR 2019

Now break out action steps for all your goals, whether they're time-sensitive or not. Use the space below to draw diagrams or pictures, add stickers, make a grid; whatever works best for you.

STUPID SHIT TO BLOW OFF STEAM IN 2019

No matter what happens in 2019, you gotta have some fun. Look back at pages 2, 3, or even some of the less-probable entries on your “jealous” list from page 5 for ideas.

What're you gonna do?	How much advance planning do you need to make it happen?	Who are some potential partners in crime?