

a

softer

landing

in

2020

let's start with 2019.

Write down the things you did this year that you're proud of.

Take a deep breath inward. Give yourself a minute to really feel good about all you did.

still thinking about 2019

Write down all the things that surprised you this year – good, bad, and in between.

still thinking about 2019

Now look back at your list and identify the surprises you feel like you handled well. Not that they were necessarily good surprises, but you're proud of how you handled them. What did you do in those situations?

still thinking about 2019

Look at the rest of those surprises. If you could go back and do things differently, what would you change?

Now think about those unpleasant surprises and all the things you wish were different. How much of that could you really control? Go back and cross out everything you don't have the power to change: Your feelings, other peoples' feelings, other peoples' actions, the weather, etc. Did you have to cross a lot or just a few things off your list? What's left?

the heart of the matter

Flip back and review what you're proud of, the surprises you handled well, and the things you have the power to do differently. What's the simplest expression of what they all have in common? What is the through line?

Distill it down to a sentence, question, phrase, or even just one word:

This will be your guiding light for 2020.

your guiding light

We call this your guiding light because it appears in different ways. Sometimes it will be the lighthouse helping you find the shore. Other times it will be at the prow of your boat, lighting your way as you travel forward. Still other times it will dangle as though you're an angler fish, luring like-minded fishes to you (although hopefully not so you can eat them alive!).

A year is a long time. How will you stay connected to your guiding light?

something extra for 2020

Write down a bunch of completely outlandish predictions – the sky's the limit.

Your only constraint is they have to be things you're empowered to make happen (So, winning the lottery? No. Climbing Mount Everest? Sure!)

Pick your 3 favorites from the list.

something extra for 2020

For each of those favorite items, write down 2 actions you can take this year that scooch you closer to making an outrageously awesome thing happen.

Outlandish Thing 1:

1.

2.

Outlandish Thing 2:

1.

2.

Outlandish Thing 3:

1.

2.