

#IndieFreedomSeekers Hello 2020!

Hello!

Hopefully you will have spent some time with the last guide that helped you review 2019 and start 2020 with a bang.

I wanted to create an additional guide to really support you to make the best start possible for 2020.

Combining both mapping out how you want to feel in 2020, setting some intentions and then using the power of 3 and 90-day goals to get us there.

I've been spending a lot of time looking at successful people, and one of the main differences between them and others who don't quite make it, is that they believe in themselves and they set powerful goals.

So let's start by thinking about how we can look after ourselves in 2020 and beyond so that we're in the best place to build a successful business.

Also remember when you write down your goals you are 42% more likely to achieve them and according to the Stanford executive programme 90% of high achievers set specific goals with outcomes, set a deadline and write them down.

So let's get cracking!

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Looking after yourself

It's really hard to run a business if you're tired, overwhelmed and exhausted. So I want you to spend a few minutes thinking about how you can look after yourself better in 2020.

What habits you can make and what habits you can break...

Think fitness, sleep, healthy eating, rest, breaks and saying no

I want you to set goals for this and if you can add them into your calendar - what can you do daily, weekly, monthly and quarterly to look after yourself?

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How I want to feel

In the last workbook I asked you to think about how you wanted to feel in 2020.

Calm, joy, happiness, togetherness, peace, excited, abundant, magical, in your zone of genius, alive, exuberant, luxurious, serenity, vivacious, recognised, free, loved, grounded?

You have to walk around living and breathing in 2020, so you might as well think about how you want to feel.

That way it can act as an anchor for you in 2020. You can ask yourself 'am I feeling how I want to right now' and if you're not you can then decide to move on or change the situation.

My word for 2019 was joy. How can I feel more joyful day to day? It felt less pressurised to me than happiness, as you can find pockets of joy in the most mundane things. It led me to ask myself if events were giving me joy? If they weren't I either worked to change them or said no and moved on.

How I want to feel

And now think about how you can actually bring that feeling into 2020. What does that word mean to you? How can you see it, feel it, be it?

What do you have to say no to and what do you want to welcome in to give yourself this feeling?

Setting my intention

Now I want you to go one step further and set an intention for 2020. What are you going to do to this year.

The year of...

Here's a few examples:

The year of yes

The year of stepping into your power

The year of being at one with nature

The year of deepening my relationships

My mother is making this year The year of Martha and focusing on what makes her happy.



What could this look like in reality?

What actions could you start to take?



It's all about the action!

Now you have a word for the way you want to feel in 2020 and have set your intention. Let's work out how we can make it a reality. I love breaking the year up into 90 day chunks (so 3 months at a time) and also getting really focused on what you need to do.

So what 3 things / actions can you take over the next 90 days to start moving towards your dream life?

One, Two, Three - and make them happen - call people up, put them in your diary!