

WHAT'S YOUR TWENTY?

The phrase, "What's your twenty" came from the old days of Citizens' Band Radio. It meant, "Where are you?" As we head into 20"20" -- where are you? And what do you want for the New Year? Use this workbook to plan your 20 goals for 2020!

If you'd like more information about these goals, read the blog post at www.carriewisehart.com/blog



YOUR NAME

Let's start by choosing our WORD for 2020. What do you want your main focus to be? Choose a word or phrase and write it here.



YOUR WORD FOR 2020

What are your PHYSICAL goals for 2020? Health goals, water intake, exercise, food? How will you take care of your BODY in 2020?

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What are your SPIRITUAL goals for 2020? How will you grow spiritually? Bible reading, prayer, time in soaking and meditation?

What HABITS do you want to BREAK or DEVELOP???

3

What about your MENTAL or SELF-CARE goals? How can you better take care of yourself in 2020?

4

→ believe → ← hope ← ● → dream → → love →

WHAT'S YOUR TWENTY?

YOUR PEOPLE:

We can only care deeply for a small amount of people. In 2020, what friendships do you want to work hard to develop? Start with 5, and work up to 12 - but make sure those friendships are your focus.

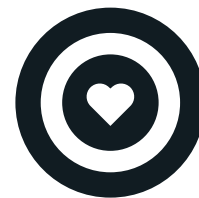
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DECLUTTERING GOALS:

How do you want to MINIMIZE your life and simplify how you are living?

What steps can you take (give yourself dates and goals) to reach your goal?

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What's your BUCKET LIST for 2020? What are some dreams you have for the upcoming year that you would like to MAKE HAPPEN?

What do you want to LEARN about this year? A new hobby? Skill?

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What books do you want to read? Audiobooks do you want to listen to? What is your READING goal for 2020?

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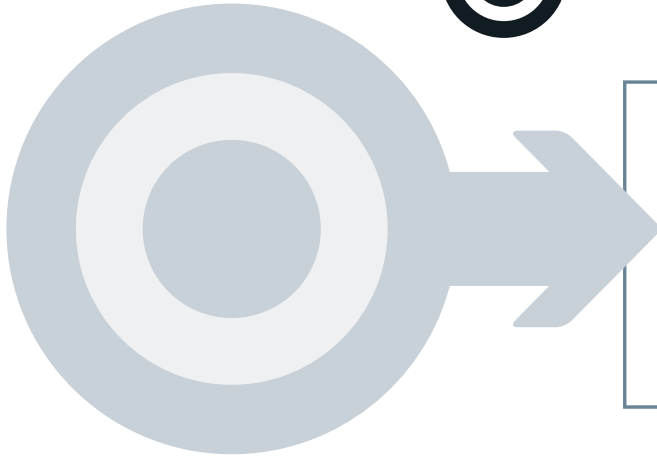
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WHAT'S YOUR TWENTY?

Who can you SERVE in 2020?
How can you intentionally reach out, get outside yourself, and make a difference this year? List at least three different ways.

SERVICE:

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15
16



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ACCOUNTABILITY:

How will you be held accountable for your goals this year? What process will you take to make sure you complete your TWENTY in 2020?

Maybe it is a person? A list? Reminders? Alarms?
Write it in the target.

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What are your SOCIAL MEDIA and SCREEN TIME GOALS?

Daily, weekly, monthly?

What is your VERSE or QUOTE to live by this year?

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Let's get WILD. For your last goal, what is the wildest adventure you want to MAKE SURE you try this year?

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