

Blue Lotus Mind

2020 Reflection & 2021 Clarity



Complete the answers below in as much detail as possible. Remember the more honest you are with yourself, the more you'll get out of this worksheet!

2020 Reflection

For each of the areas of your life below, describe how you showed up for yourself and others in 2020.

Health & Fitness: _____

Mental & Emotional Wellbeing: _____

Spiritual Wellbeing: _____

Relationships with Family: _____

Relationships with Friends: _____

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Intimate Relationships: _____

Finances: _____

Career / Business: _____

2021 Clarity

Imagine now that it is December 31st, 2021 and you have become the best version of yourself in the year ahead.

What are 3 words that you would use to describe this best version of you:

1. _____
2. _____
3. _____

What major goal do you want to achieve in each of the areas of your life in 2021?

Health & Fitness: _____

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Mental & Emotional Wellbeing: _____

Spiritual Wellbeing: _____

Relationships with Family: _____

Relationships with Friends: _____

Intimate Relationships: _____

Finances: _____

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Career / Business: _____

What are 1 to 3 daily habits the best version of you has in each of these areas of your life to achieve your 2021 goals? (Please note: some areas of your life may not have more than 1 daily habit)

Health & Fitness: _____

Mental & Emotional Wellbeing: _____

Spiritual Wellbeing: _____

Relationships with Family: _____

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Relationships with Friends: _____

Intimate Relationships: _____

Finances: _____

Career / Business: _____

What are 1 to 3 weekly habits the best version of you has in each of these areas of your life to achieve your 2021 goals? (Please note: some areas of your life may not have more than 1 daily habit)

Health & Fitness: _____

Mental & Emotional Wellbeing: _____

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Spiritual Wellbeing: _____

Relationships with Family: _____

Relationships with Friends: _____

Intimate Relationships: _____

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Career / Business: _____
