

my dream year

THE WORKBOOK



*How to make 2020 the year you
successfully chase and fulfill your
dreams - no confusion
or overwhelm needed.*

set the mood



The first step to setting goals is to make sure you set both your mind and your environment up to support you. This step is so important. You will not be able to create your dream result from a place of scarcity and anxiousness. Set your goals from an abundant place - from a space where anything is possible. Take some time to get your head right and make your surroundings as cozy as possible. Get inspiration from the list below and do what feels right for you.

MINDSET

- Take 3 deep breaths - breathe in through your nose and out through your mouth.
- Journal for 10 minutes - write freely on a piece of paper, no filter needed.
- Meditate for 10 minutes - I personally love the Headspace app.
- Practice gratitude - list 3 things you are grateful for in this moment.

ENVIRONMENT

- Put on your favorite music.
- Grab your favorite drink.
- Light a few candles.
- Surround yourself with your favorite things (candles, crystals, chair, journal, pens etc.)
- Have a seat in your safe space, in a place where you feel calm and at ease.
- Limit distractions.
- Open a window and let fresh air in to clear your head and your space.

You are ready to set goals.


a year in review




As we enter the magnificent 2020 and a new decade, it's time to do a little end-of-year reflection. By becoming aware of the results you've had in the last year, it will help set you up for success in the next. Answer the questions below and be honest with yourself. This isn't about beating yourself up, but rather to learn from the past and celebrate your achievements.



How are you a different person now than you were a year ago?

A large, empty rectangular box with a light pink background for writing an answer.

What results did you create for yourself in 2019?
And would you create them again?

A large, empty rectangular box with a light pink background for writing an answer.

Time to celebrate!

a year in review



What were your biggest wins and achievements this year?

How did you achieve these amazing results? And why?

What were the biggest challenges you faced in 2019?

You are amazing!

a year in review

What was your number one frustration this year?

Lesson learned? Focus on lessons, not failures.

How can you make sure the challenges and frustrations you faced this year won't pop up in 2020?

You goal getter you!

a year in review

What thoughts will you leave behind in 2019?

What thoughts will you take with you into the next year?

What made you really happy in 2019? Time to practice a little gratitude.

Dreams are meant to be chased.

a year in review

How would you describe 2019 with one word?

Overall, how have you felt about this year?
Name the number one emotion that comes to mind.

Free space for other lingering thoughts about the last year:

2020 is already amazing!

the dream vision



It's time to practice the art of visualization. Get creative and visualize your future - **your ideal future for the next 3-5 years**. Have fun with this exercise and let yourself dream big. Write freely about your dream life and use the prompts below to help you visualize. Try to not go into "how" you got there, but focus only on the things you dream about, not the path there. Also, no judgements allowed.



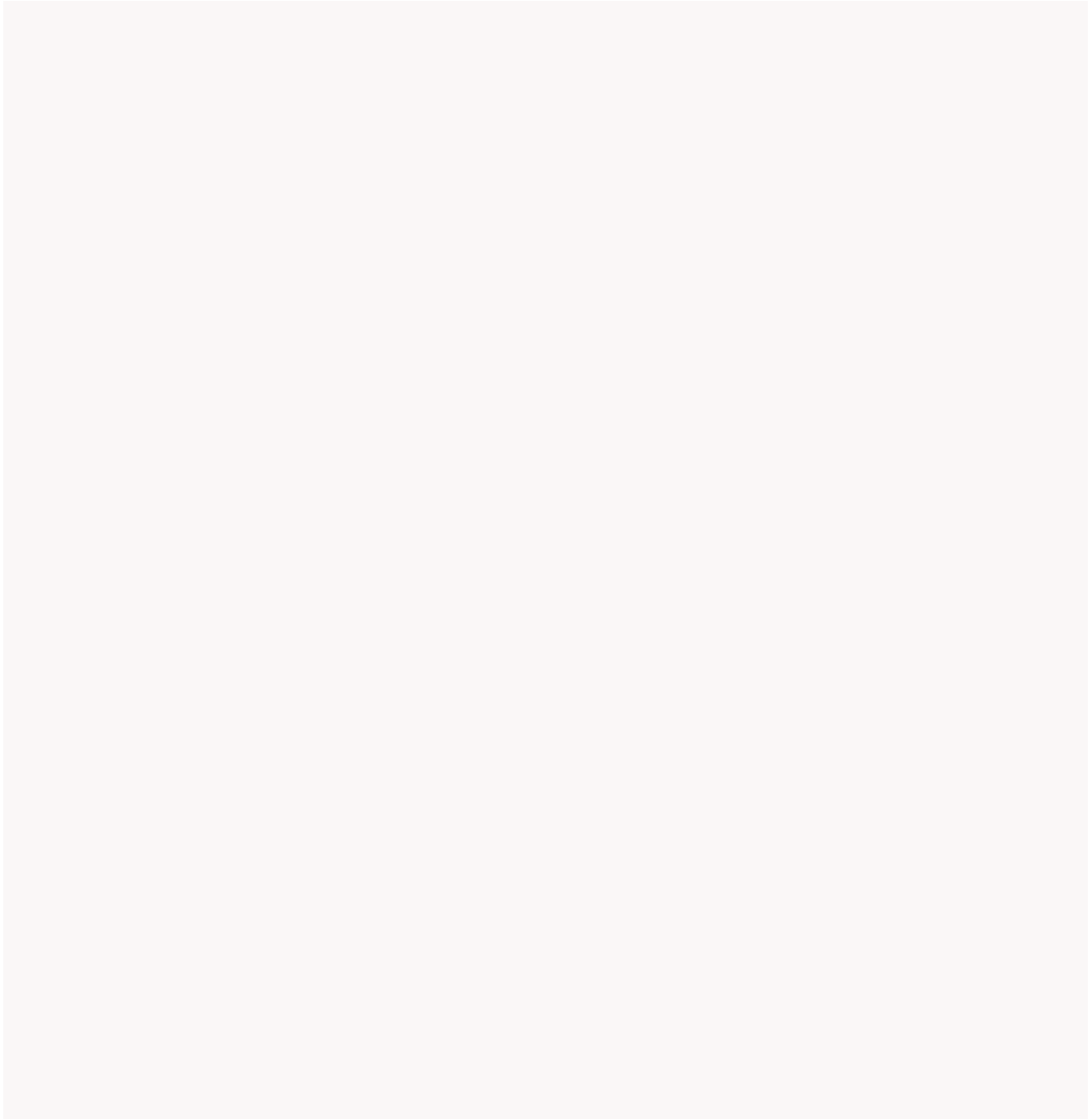
THINGS TO THINK ABOUT:

- What does your life look like?
- What do you do?
- What can you see?
- How do you feel?
- Who's there with you?
- Where do you live?
- What do your mornings look like?
- How do you earn money?
- What have you achieved?
- What does your day look like?

Visualization begins in 3-2-1...

the dream vision

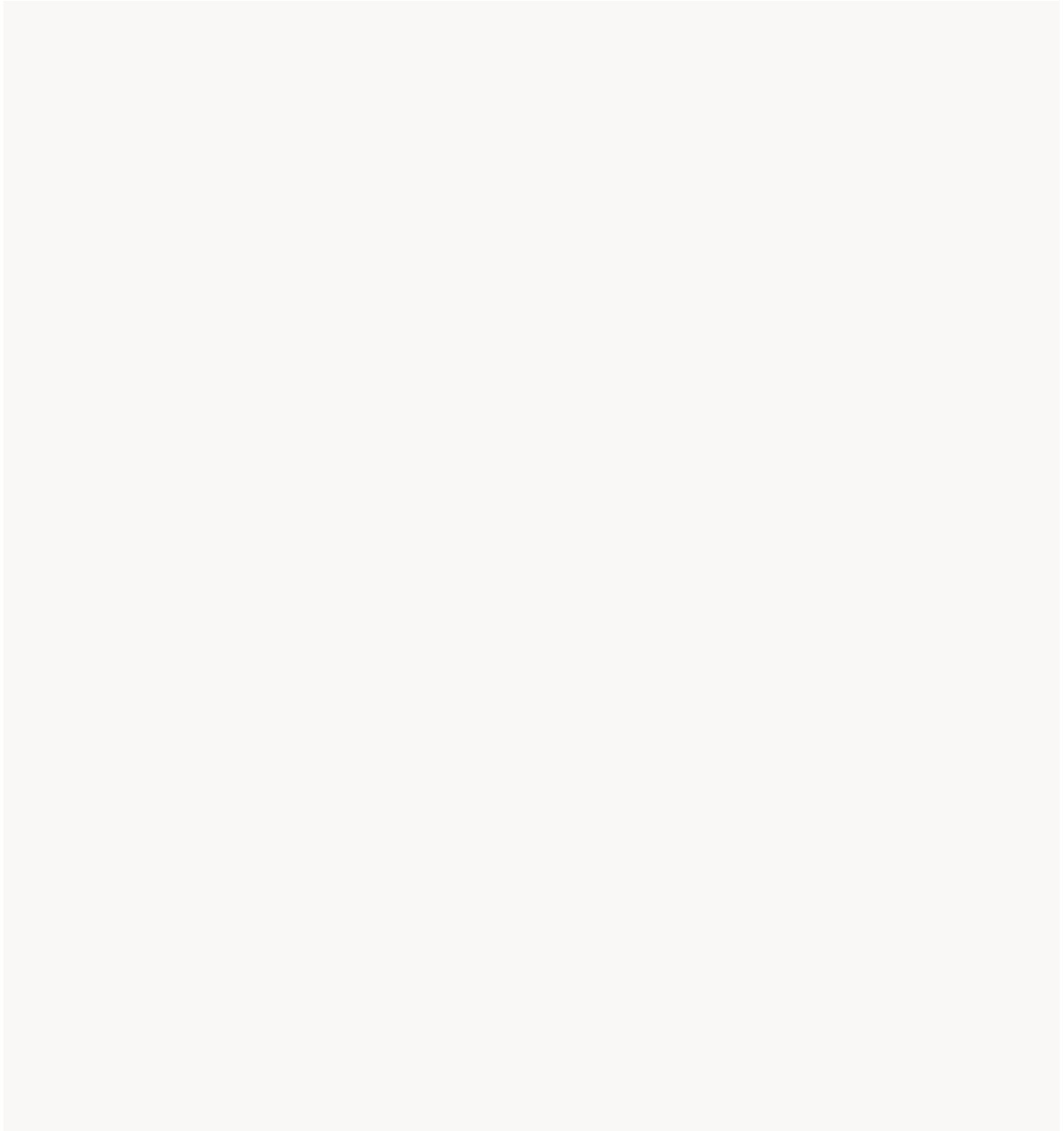
MY DREAM VISION FOR THE NEXT 3-5 YEARS...

A large, empty rectangular box with a light pink background, intended for the user to write their dream vision for the next 3-5 years. To the left of this box, there is a vertical decorative element consisting of several parallel diagonal lines in a light pink color.

High five!

the dream vision

MY DREAM VISION FOR 2020...

A large, empty rectangular box with a light pink background, intended for writing the dream vision for 2020. To the left of this box, there is a vertical decorative element consisting of several parallel diagonal lines in a light pink color.

You are onto something!

SHEDREAMSALLDAY.COM

goal download



Review your life and do a goal-download. Consider all the different areas of your life and think about where you'd like to set a goal. It can be related to f.ex career, personal development, health, home, relationships, money and so on. Pick one goal that speaks the loudest to you and focus all your energy on making that one goal come true.

A large, empty rectangular box with a light pink background, intended for writing a goal. To the left of this box, there is a vertical decorative element consisting of several parallel diagonal red lines.

My one goal for 2020 is...

An empty rectangular box with a light pink background, positioned to the right of the text "My one goal for 2020 is..." for writing the goal.

choose your word



Choose your word for 2020. Make it something that you can always come back to whenever the road gets a bit bumpy or you need to make a decision. Make sure your decisions always reflect your word or mission for the year. This way, it's going to be much easier for you to make a decision and trust that it was the right one for you.

A large, empty rectangular box with a light pink background, intended for the user to write their chosen word for 2020. To the left of this box, there is a vertical strip with diagonal red and white stripes.

My one goal for 2020 is...

A rectangular box with a light pink background, intended for the user to write their goal for 2020.

your future-self



HABITS TO IMPLEMENT

ROUTINES TO CREATE

You are her!

quarterly plan



It's time to break down your one goal for 2020 into quarterly action plans. Think about all the steps you need to take each quarter to stay on track with your vision and dream for 2020. This will help kick overwhelm's butt. Choose one focus for each quarter and list out the steps you need to take.



QUARTER ONE

MY FOCUS:



STEPS TO TAKE:

You got this dreamer!

quarterly plan

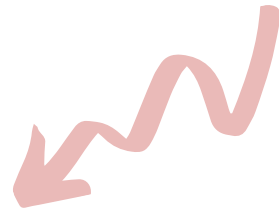


It's time to break down your one goal for 2020 into quarterly action plans. Think about all the steps you need to take each quarter to stay on track with your vision and dream for 2020. This will help kick overwhelm's butt. Choose one focus for each quarter and list out the steps you need to take.



QUARTER TWO

MY FOCUS:



STEPS TO TAKE:

Pop the champagne!

quarterly plan



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QUARTER THREE

MY FOCUS:



STEPS TO TAKE:

Be the change.

quarterly plan



It's time to break down your one goal for 2020 into quarterly action plans. Think about all the steps you need to take each quarter to stay on track with your vision and dream for 2020. This will help kick overwhelm's butt. Choose one focus for each quarter and list out the steps you need to take.



QUARTER FOUR

MY FOCUS:



STEPS TO TAKE:

Blow your own mind!

monthly plan



It's time to break your quarterly goals for 2020 down into monthly action plans. Think about all the steps you need to take every month to stay on track with your vision and dream for 2020. Choose one focus and one word for each month and list out all the steps you need to take. These steps go on your calendar. **Save this page as new or print out for multiple use**



MONTH:

MY FOCUS:

THIS MONTH'S WORD:

STEPS TO TAKE THIS MONTH:

thank you

A NOTE FROM MIA

Wow, girl! How does it feel? You just planned out your whole 2020 and you are ready make this next year your best year yet – your dream year. I'm literally giving you a digital high five!

I'm so grateful that you wanted to spend an hour of your life with me during our masterclass training. I hope you got a lot of value out of it. DM me on **Instagram** or say hi on **Facebook** and let me know what you thought of this training. I'd love to hear from you.

Should you be ready to really uplevel your life and take this work deeper, you know I'll be welcoming you with open arms to join me in The Dreamer To Doer Academy when you're ready to take the next step for your personal growth.

Cheering for you, always.



xoxo,
Mia



TAKE THIS WORK DEEPER