

2020 DAY2: BRAINSTORM

Here's your writing exercise for today, if you haven't completed yesterday's exercise go and do it! Combine these with the exercise video challenges I've sent you and you'll be well on your way to your #DreamBIG



TIME TO GET CREATIVE

In order to #DreamBIG you need to let your creative juices flow and come up with ideas for what you want to do in the world. Today we're going to make 3 lists. You're going to brainstorm 10 ideas for each list. These don't have to be perfect ideas, or HUGE ideas, or the best ideas, the whole point is to practice your creativity and to stretch your mind for what is possible! DON'T QUIT!

10 THINGS I CAN DO IN MY PERSONAL LIFE THAT WILL MAKE 2020 A GREAT YEAR?

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

10 THINGS I CAN DO IN MY WORK LIFE THAT WILL 2020 A GREAT YEAR?

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

10 THINGS I CAN DO FOR OTHERS THAT WILL MAKE 2020 A GREAT YEAR?

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |



Ok let's get real. We have ideas, intentions, goals, you name it... The problem is that often times we don't move into DOING mode. So here's your challenge for today. Pick 1 thing from each list, AND GO DO IT! TODAY. Not tomorrow, not next year. Start now. I don't care if it's a small action or the beginning of a much larger project. I want you to do something today. Don't open social media, don't watch tv, don't ignore this and think 'I'll do it tomorrow. GO do it NOW.

ONE THING FROM EACH LIST I COMMIT TO DOING TODAY!

- 1.(PERSONAL) _____
- 2.(WORK) _____
- 3.(FOR OTHERS) _____

GET THIS EXERCISE DONE! #DREAMBIG