

ANNUAL REVIEW & 2020 PLANNING

Over the next few days I'll be giving you a writing exercise every day to get you focused and inspired for the next phase of your life. Combine these with the exercise video challenges I've sent you and you'll be well on your way to your #DreamBIG



STEP 1: REVIEW

Most people get to the end of the year and **SET GOALS!** or "**MY RESOLUTIONS** for 2020". **I HATE THAT.** Why aren't you doing it already? You're better off doing a review, before you go anywhere near 'Resolutions' or 'Goals'. You might be in denial about what will trip you up if you don't analyse what happened in 2019... Let's break it down like a bad-ass beat from a Tribe Called Quest. Ideally I want you to write these answers down on paper or in your phone. If you're brave, email your answers to coachglass@jasonglasslab.com - I'll keep it anonymous.

1. WHAT DID GO WELL THIS YEAR?

I like to use the main categories that matter to me in my life; Family, Work, Health, Learning, Travel etc. and write the things I'm grateful for and celebrate as a success. Now it's your turn, go!!!

2. WHAT DID NOT GO WELL THIS YEAR?

Ok, so not everything was great. Some things made you sad. You let yourself down or something didn't work out the way you envisioned it. You failed. It's important to face some realities, learn the lesson. Write down things that bother you about this year, why they bothered you and what you can do to avoid these same things from tripping you up in 2020. Start writing!

3. RELATIONSHIPS I NEED TO FOSTER, OR END?

You've heard the quote. You become the sum of the 5 people you spend the most time with. Bringing motivating and enriching relationships into your life will make 2020 amazing. Getting rid of crappy people and ending bad relationships will put your mind and heart at ease. If there's someone you find inspiring but don't have access to, read their autobiography, watch their youtube videos, take their course, email them. Don't hold back here. Who stays, who goes. Write it down!

4. BELIEFS I HAVE THAT ARE HOLDING ME BACK?

We all have doubts, fears, insecurities, and self-esteem issues. What are the beliefs you have that are holding you back from living your best life? What can you do to start shifting the way you think about yourself and how you talk to yourself so that it's more positive? Start writing!!

5. BEHAVIOURS I NEED TO STOP, HABITS I NEED TO DEVELOP?

Maybe you're wasting time on social media, when you could be reading and learning new skills. Perhaps you always reach for the last donut, when you could be the person going for a run at 6am. We all have things we know we need to stop doing, and things we know will make our life better if we do them. List 5 in each category and create a plan and commitment. Be brave, write them down!

GET THIS EXERCISE DONE! #DREAMBIG