

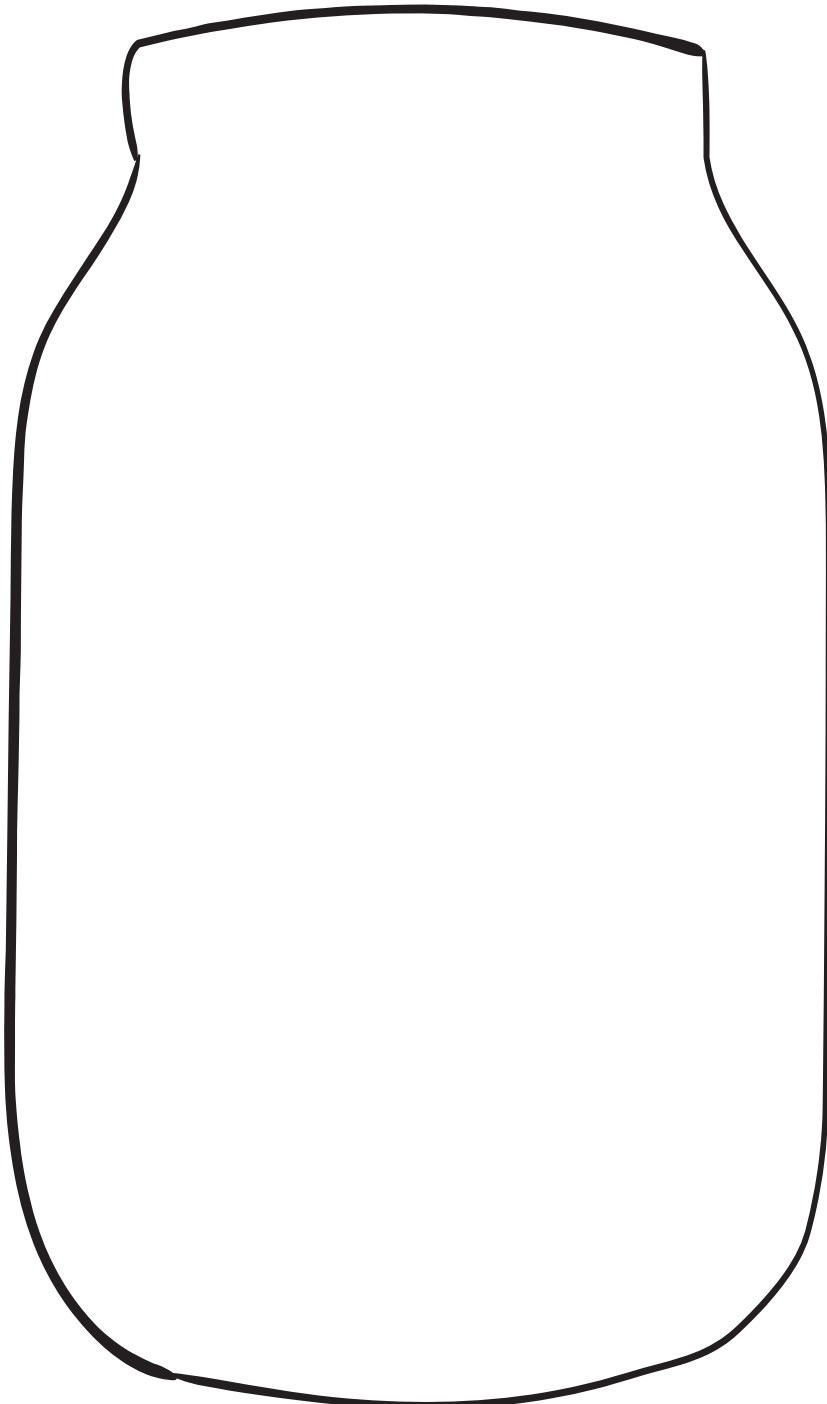


Use this worksheet to draw in your big rocks — these are things that you must put first in your life and prioritize so that you can make room for them. It's very easy to fill up your jar with small pebbles and sand — texts, emails, laundry, Netflix — but when we can make time each day to focus on our big rocks, we truly are working to live our best life with our goals and priorities as the main focus.

2019 Celebrations

2020 THEME: \_\_\_\_\_

2019 Challenges



2020 Intentions

2020 Changes

# 2019

What matters to you?  
Projects, Home,  
Travel, Faith, Health,  
Wellness, Work,  
Service, Family

What was worth celebrating? \_\_\_\_\_

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What would you like to change? \_\_\_\_\_

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How can you make these changes? Be specific. \_\_\_\_\_

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Theme of 2019: \_\_\_\_\_ Theme for 2020: \_\_\_\_\_

Don't do it alone. How will you stay accountable? How will you celebrate your successes?

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What are your priorities?  
Habits, Joy,  
Love, Relationships,  
Hobbies, Friendships,  
Finances, Creativity