



2020 TO-DO LIST

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how to:

GUIDE WORDS / GOALS

Choose a guide word or set a goal for each aspect of your life: wellbeing, home, career, free time, relationships and planet.

TO-DO LISTS

Divide the goal or transform the word into little steps / actions / things to do to reach it. Mark as done on the list when you get it!

TRACK AND TAKE NOTES

Track the improvements, take notes and write down, at the end of the year, what didn't work for you to be prepared in the future!