What do I want to learn in 2020?



- [ ] To understand who I am and how I work
- [ ] To understand others
- [ ] To increase my self-love and self-worth
- [ ] To communicate better
- [ ] To have better
- [ ] To have better relationship with the people in my life
- [ ] To have better self-control and better manage:
  - [ ] My behaviors
  - [ ] My emotions
  - [ ] My thoughts
- [ ] To reframe:
  - [ ] My thoughts(i.e. negative to positive)
  - [ ] My perceptions(my interpretation of a situation)
- [ ] To improve my beliefs and mindset:
  - [ ] Remove limiting beliefs
  - [ ] Adapt a growth mindset
- [ ] To grow my self-confidence
  - [ ] Increase my self-esteem

- [ ] Be more courageous
- [ ] To accept reality, circumstances, and other people
- [ ] To let go
- [ ] To heal from past wounds
- [ ] To set boundaries
- [ ] To respects the boundaries of others
- [ ] Other(please specify)
- [ ] Learn more: https://www.pinterest.com/thehappinessplanner/

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