

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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