

DR. XENIA DANOS
SPEAKER · TRAINER · TEACHER

2020

GUIDE

A goal without a plan, is just a wish

Take control of your life
UNLEASH YOUR AWESOME POTENTIAL!

www.xeniadanos.com

DR. XENIA DANOS

SPEAKER · TRAINER · TEACHER

2019

LET'S RECAP THE YEAR

2019

WRITE DOWN OR CIRCLE THE NUMBER THAT BEST DESCRIBES HOW YOU FEEL ABOUT EACH PART OF YOUR LIFE IN 2019 AND THEN EXPLAIN WHY YOU FEEL THAT WAY.

MY BODY HATE IT  LOVE IT
1 2 3 4 5 6 7 8 9 10

WHY: _____

MY WORK/SCHOOL HATE IT  LOVE IT
1 2 3 4 5 6 7 8 9 10

WHY: _____

MY MONEY SCARED  PREPARED
1 2 3 4 5 6 7 8 9 10

WHY: _____

MY LOVE LIFE DISCONNECTED  CONNECTED
1 2 3 4 5 6 7 8 9 10

WHY: _____

MY FRIENDSHIPS EMPTY  FULL
1 2 3 4 5 6 7 8 9 10

WHY: _____

MY SELF-WORTH HATE MYSELF  LOVE MYSELF
1 2 3 4 5 6 7 8 9 10

WHY: _____

2019

NOW THAT YOU'VE RANKED HOW YOU FEEL IN THESE CATEGORIES, USE YOUR ANSWERS TO HELP WITH THE FOLLOWING QUESTIONS:

1. What are 3 good things that happened this year and how did they make you feel?

2. What are 3 low points of this year and how did you handle them?

3. What is the big lesson you learned this year?

4. What did you do this year that you are proud of?

5. What are your hopes and dreams for next year?

DR. XENIA DANOS

SPEAKER · TRAINER · TEACHER

2020

LET'S PLAN YOUR BEST
YEAR EVER

www.xeniadanos.com

2020

WHAT IS THE **ONE** THING YOU WANT TO CHANGE OR IMPROVE IN EACH CATEGORY OF YOUR LIFE:

MY BODY

MY WORK / SCHOOL

MY MONEY

MY LOVE LIFE

MY FRIENDSHIPS

MY SELF-WORTH

2020

HOW WILL YOU MAKE THIS HAPPEN? SCHEDULE A TIME AND PLACE YOU WILL TAKE ACTION (AND HAVE A BACK-UP PLAN):

MY BODY

MY WORK / SCHOOL

MY MONEY

MY LOVE LIFE

MY FRIENDSHIPS

MY SELF-WORTH

2020

What **SCARES** you about the changes you want to make in your life?

What **EXCITES** you about the changes you want to make in your life?

BONUS Question:

ASK THIS OF YOUR EMPLOYEES, CHILDREN, SPOUSE, OR FRIEND.

What's one thing I could do to be a better (teacher, manager, parent, partner, or friend)?
