



## 2020 DECADE BY DESIGN

**2020 might sound like some far away, futuristic time with jet packs and flying cars - but its right around the corner. Its so close that you could easily trip and fall into silly season and wake up in a new decade wondering - how the hell did I get here?**

### **Do you have a deep desire to live a significant life?**

**How would it feel to wake up every day confidently within the certainty of who you are because you are fulfilled by the connections and contributions you make?**

**"The first step to getting what you want is having the courage to get rid of what you dont"**

**October, November and December is your time to take a personal stocktake of the last decade. Not a fun, quick flashback session of your highlight reel - a brutally honest reflection of the choices you have made, the standards you set and the habits and routines that have driven your behaviours.**

**Take a deep dive into the choices you have made over the past ten years and then choose the way in which you are going to spend the next decade.**

### **WHY?**

**You are your greatest resource. You are the only asset you can truly bank on. The deposits you make into yourself will be reflected in every area of your life.**

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**People often overestimate what they can do in one year and underestimate what they can achieve in a decade.**

**Choose to make the next decade of your life the best yet.**

**What could you manifest if you started living as the highest version of yourself NOW?**

**Create a chronology that reflects what was happening in each of these areas of your life in each year. Then reflect on your levels of joy, energy, fulfilment, etc**

**Alternatively you may find you are reflecting on levels of stress, anxiety, overwhelm.**

Study/Business/Work

Romance/Relationship

Family and Friends

Finances

Health & Fitness

Personal Growth

Fun and Recreation

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This can take any form you like. Journal entries, a spreadsheet, a mind map - whatever works for you. You can edit the categories listed above to suit you. The rules are - there are no rules!! There never are. Your life, your way. Take this as the inspiration you need and turn this exercise into something that will be meaningful for you.

The aim is to have an overview of the choices you made and the ways in which they have impacted you.

To move confidently in the direction of the life you are worthy of - you must first generate the courage to get rid of anything that does not serve you.

**"The secret to change is to focus all of your energy not on fighting the old but building the new" - Socrates**

Get in touch & let us know what lessons you realised you have learned, what you will be letting go and what things you will be reinvesting in come 2020!

Yours in health & fitness,

**STEVE AND LENA**

**PS We mean it! Send us an email to let us know what you have unlocked & what goals you are setting for 2020 and beyond!**

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