

**GOODBYE
2019
HELLO
2020**

Project Love

Oscar Wilde

**TO LIVE IS THE
RAREST THING IN
THE WORLD.**

**MOST PEOPLE
EXIST, THAT
IS ALL.**

**Goodbye 2019,
Hello 2020**

As one year comes to an end and another begins, it's time for you to take a step back. To pause for a moment in the rush of life. And reflect.

Reflect on the year you've just lived. And the year that lies ahead.

To recognize and acknowledge all that you've been through, all that you've done and all that you're grateful for having experienced in the last 12 months: the lessons, the love, the achievements, the people and the moments that marked this year and made it unique.

It's time to let yourself dream, ask yourself what you really want and then, with courage and conviction, commit to making that happen.

So let's do that.

Let's say a proper farewell to 2019 and get ready to make 2020 a year to remember!

What did you create, achieve and make happen in 2019 (the big and the small)?

What were your happiest moments?

When did you have the most fun?

When and where did you feel the most at peace?

As you look at your 'dream life', which parts do you want to start introducing the most in 2020?

What practical steps can you take to get started on bringing those dreams to life in 2020?

Hello 2020

**THE FUTURE IS
COMPLETELY OPEN,
AND WE ARE
WRITING IT MOMENT
TO MOMENT.**

What do you want to make your 2020 all about?

A fresh new year lies ahead of you. A blank canvas for you to paint with the things you love. A whole new chapter in your life for you to write.

So... what do you want to fill your life with in 2020? What do you want it to be all about?

It's time to choose.

As you look back at your answers in this journal so far, you can see which dreams are calling to you the most, which ingredients will make you most happy this year and what you want to choose as your 2020 focus.

Over the following pages you'll be asked questions designed to help you to focus and be clear on what you want to make your 2020 all about.

You'll start by understanding what you need to feel alive and well in your body on a day-to-day basis. Your wellbeing is vital to your happiness, so living a life you love always begins with self-care.

As with every other section, you will likely find that there are some questions you have clear answers for, while others don't feel so relevant to you this year. Don't worry if you don't have an answer to every question. Just answer the ones that speak to you.

So let's turn the page and start designing your 2020...