

2020 REFLECTION + Q4 GOAL PLAN

A free printable guide to help you reflect on the past 9 months and create a strategy to smash the last quarter of 2020.



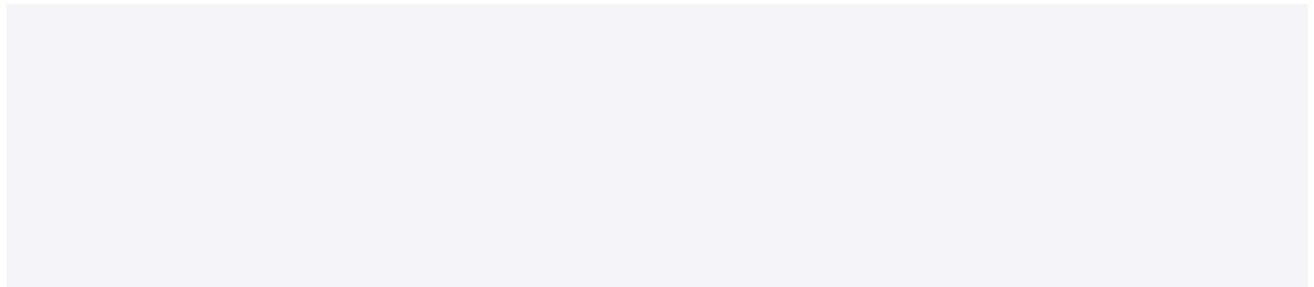
Tag us so we can see you working on smashing Q4!
@theentry_platform

REFLECTION

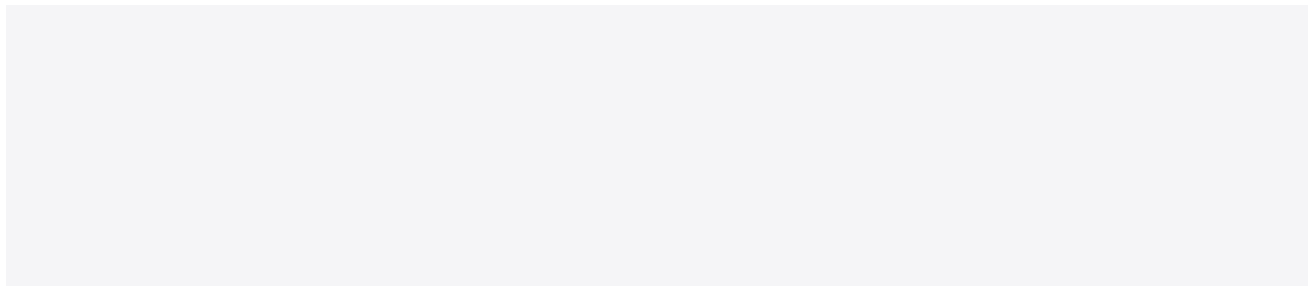
2020 will definitely be a year that we all remember. Globally and collectively we have experienced life changing events. However, this reflection is only about you. I want you to focus on your actions, your character and your feelings. This is an unapologetically selfish reflection.

In 2020, what are you proud of achieving?

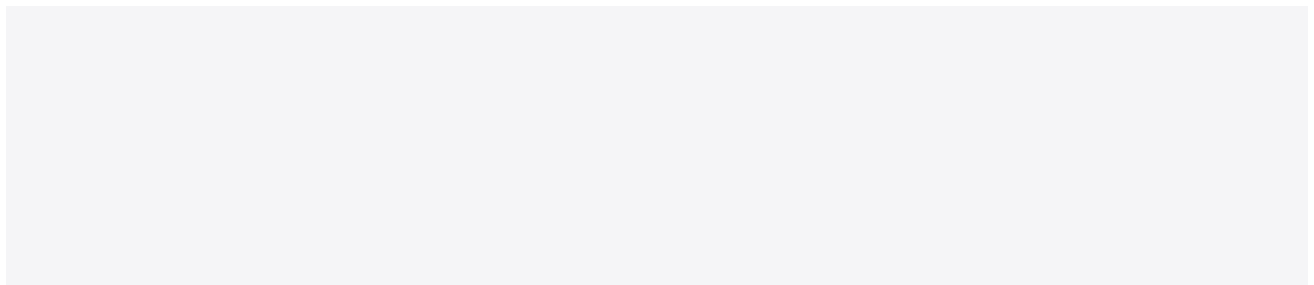
*Please note no achievement is too insignificant or small.



How do those achievements make you feel? Is it what you were expecting? Have any surprises come with those achievements?



Who did you have to become to achieve those goals?



REFLECTION

What are the other goals you hoped to achieve in 2020?

If you are being completely honest with yourself, why have some of those goals not been met? Honesty and self-awareness is very important here.

Looking back at who you were at the end of 2019 and who you are now, describe how you have evolved? What person was required for those goals? Are you happy with who that person (you) is?

Going into the final quarter of 2020 I feel...

Optimistic	OK	Inspired	Discouraged	Excited	Lost
Scared	Anger	Disappointed	Neutral	Encouraged	Behind

If most of the emotions chosen were positive, how will you intentionally maintain that momentum? If the emotions were negative, you need to confront the core of those feelings which is uncomfortable but necessary. What can you do in the last 3 months to make those emotions just a moment?

SMASHING Q4

Now that you have given yourself worthy praise and reflected on where you can improve, let's focus on how to make the rest of the year a memorable one.

Going back to the second question from the 'Reflections' section, what goal(s) will you focus on for the last quarter of the year?

Break down this goal into at least 10 small actionable steps and add dates to when they need to be done.

1XX/XX/XXXX	6XX/XX/XXXX
2XX/XX/XXXX	7XX/XX/XXXX
3XX/XX/XXXX	8XX/XX/XXXX
4XX/XX/XXXX	9XX/XX/XXXX
5XX/XX/XXXX	10XX/XX/XXXX

Use additional paper if needed. If you have more than one goal then print out more copies of this page.

SMASHING Q4

Who do you need to become to achieve that goal(s)? Who you are today is great for where you are right now, but with elevation comes evolving. To get to the next level, a higher version of yourself is required. Identify those characteristics:

Characteristic	Why this is important?
.....

Characteristic	Why this is important?
.....

Characteristic	Why this is important?
.....

A commitment to yourself:

I,....., promise to achieve.....
.....
by

This is important to me because
.....
.....
.

I will check on my progress of these goals on these dates:

- 1.....
- 2.....
- 3.....

When you achieve this goal, how will you reward yourself?

Sign & Date:



Tag us so we can see you working on smashing Q4!
@theentry_platform

WWW.THEENTRYPLATFORM.COM