



**2019 Year End Reflection**

+

**2020 Planning Guide**

# Your Year End Reflection + Planning Guide

It's that time of year. As we wind down 2019, it is only natural to engage in a bit of self reflection. To dust off the goals you wrote at the beginning of this year or look at that vision board you created to see where you landed and how things measured up. It is time to acknowledge that you have grown and you may still have more growing to do.

## **What's Included In This guide:**

- 10 Reflection Questions
- 10 Future Facing Planning Questions
- Resources to Keep the Momentum

## **What You Will Need:**

At least 2 Hours of quite time

**( I know this may be difficult to come by but you can also split this up into 2 separate hours)**

Journal with your favorite pen, Laptop or Notes App  
**(Whatever You are Comfortable With)**

Incense, Sage, Candle, Palo Santo  
**(Optional to clear the space and set a vibe)**

Wine  
**(Optional but Highly Encouraged 😊)**





“IF YOU DON’T  
UNDERSTAND  
YOURSELF YOU  
DON’T  
UNDERSTAND  
ANYBODY ELSE.”

*NIKKI GIOVANNI*

# SELF REFLECTION ON 2019

1. What 3 things are you the most grateful for experiencing this past year?
2. What goal(s), did you accomplish in 2019?
3. What goal are you the most proud of achieving and why? How did reaching that goal make you feel?
4. What goal(s) did you NOT accomplish in 2019 and why?...and really be honest, why?
5. What new skill(s) did you learn in 2019?



# SELF REFLECTION ON 2019

6. Who or what had the biggest impact on your life this year?

7. What self care rituals did you start this year?

8. What was the best compliment you received this year?

9. What was the most valuable lesson you learned this year?

10. If you had to describe your 2019 in three words what would those three word would be?





WE DELIGHT IN  
THE BEAUTY OF  
THE BUTTERFLY,  
BUT RARELY  
ADMIT THE  
CHANGES IT HAS  
GONE THROUGH  
TO ACHIEVE  
THAT BEAUTY

*MAYA ANGELOU*

# LOOKING FORWARD: 2020

1. What is your number one goal in the following areas: Career/Business, Personal Life and Health.
2. What skill(s) do you want to learn, improve, or master?
3. What unhelpful habit do you want to let go of in 2020?
4. What self care ritual/habit do you want to deepen or create in 2019?
5. Which personal quality do you want to strengthen or develop?



# LOOKING FORWARD: 2020

6. Who do you want to spend more time with in 2020?

7. What do you want to see, discover, explore in 2020?

8. How will you hold yourself accountable to your goals and desires in 2020?

9. How will you reward yourself when you achieve your goals?

10. What is going to be the overarching theme for your year, it can be a word or a phrase.





# KEEPING THE MOMENTUM...

You've done the work of reflecting and planning, here are some resources to help you go the distance.



## Journaling

Journaling, especially guided journaling can be helpful when trying to keep track of and achieve your goals. Click the link to check out these:

[Journal Created By Black Women](#)



## Black Girl Flourish Mastermind Group

This Accountability Group will keep you on track throughout the year. Meet weekly with other like minded women who are working toward achieving their goals.

[Join the BGF Mastermind Group](#)

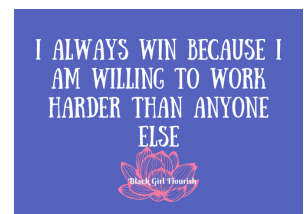
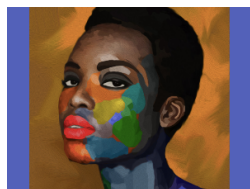


## Daily Affirmations

Thoughts Become Things. Positive self talk daily helps to keep your goals, your self love, your mental health, etc at the forefront.

Check out the:

[Black Girl Flourish Affirmation Deck](#)



# YOU WILL FLOURISH IN 2020



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