

2020 LIVE GOAL SETTING VIDEO SERIES

with A Purpose Driven Mom

Welcome to the 2020 Live Goal Setting Video Series!

I'm Cara from A Purpose Driven Mom and I'm so excited to spend time with you the next two weeks to help you reflect on 2019 and create a plan for 2020 that matches your priorities and that you can stick to!

Here are the details you need to know:

1. Mark Your Calendars! The Live Calls will happen on my Facebook page (Cara Harvey: A Purpose Driven Mom) and also emailed out. Calls will be around 60 minutes and interactive classes to help answer questions and have you taking action!

December 12th: 1:30 pm EST

December 17th: 10:00 am EST

December 19th: 10: 00 am EST

2. We have a Facebook group that you can join where we'll be giving away prizes, talking more about the topics and getting accountability! Click and come and join us!

3. In the group you'll be able to enter the assignments over the course of two weeks! Anyone who completes all 3 will be eligible to win a year scholarship to the Purpose Driven Mom Club - my membership site to help overwhelmed moms develop systems and routines in their lives (a \$297 value!)

4. Print this workbook out to be your place to reflect and create goals. If you print it out and tag me on Instagram (@apurposedrivenmom) before the challenge starts, you'll be entered to win one of my favorite personal growth books!

Excited to Get to Know you Better!

-Cara



Day 1:
December 12th at 1:30 pm EST
Reflecting on 2019

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4 Hard Parts of Your Year

3 Things You're Grateful for

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2 Things You're Proud Of

1 Hard Lesson Learned

Day 2:
December 17th at 10:00 am EST
Creating a Vision for 2020

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Before we create concrete goals, we'll spend time dreaming about the new year. This will include picking your word of the year, mapping out a vision board and writing a mission statement.

Who or what do you wish you had more time for in your life?

What brings you joy and happiness?

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**Day 2: December 17th at
10:00 am EST
Creating a Vision for 2020**

Why type of person do you want to be?

Where is an area you'd like to grow?

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**Day 2: December 17th at
10:00 am EST
Creating a Vision for 2020**

Word of the Year Ideas

Focus	Hope	Believe	More	Relax
Grow	Fearless	Transform	Reflect	Pray
Organize	Happy	Integrity	Light	Sparkle
Simplify	Spirit	Gentle	Heart	Represent
Bloom	Glorious	Expansion	Now	Whole
Brave	Grace	Grounded	Passion	Journey
Inspire	Truth	Harmony	Joy	Prosper
Thrive	Belong	Action	Unlimited	Contribute
Gratitude	Strive	Ambition	Kindness	Discipline
Consistency	Always	Purpose	Play	Laugh
Balance	Compassion	Here	Thoughtful	Here
Be	Energy	Dream	Deliberate	Shift
Worth	Sacred	Magic	Trust	Delight
Elevate	Persist	Shine	Conscious	Patience
Today	Bridge	Peace	Increase	Cultivate
Less	Determination	Try	Breathe	Stillness
Mindful	Enough	Teach	Commit	Serenity
Considerate	Improve	Compromise	Seek	Vision
Calm	Strength	Imagine	Pause	Wisdom
Positivity	Encourage	Learn	Forward	Vulnerability
Respect	Wake	Wonder	Change	Adventure
Appreciate	Present	Embrace	Listen	Example
Enlighten	Beauty	Courage	Free	Comfort
Intentional	Enthusiasm	Humble	Build	Give
Flow	Connect	Wish	Flourish	Rise
Family	Alignment	Work	Move	Perspective
Slow	Priority	Smile	Renew	Glow
Possibility	Create	Meditate	Progress	Forgive
Perservere	New	Lead	Explore	Observe
Love	Faith	Celebrate	Finish	Soul

**Day 2: December 17th at
10:00 am EST
Creating a Vision for 2020**

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Spending time creating a virtual vision board will be your anchor when life tries to push around your goals! Write down some words that spark in your mind for the following areas. Head over to Canva to learn how to create a board with these ideas!

Family

Health

Finances

Personal

Spiritual

Growth

**Day 3: December 19th at
10:00 am EST
Making a 2020 Action Plan**


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Quarter 1 Goals

Use the Space Below to Breakdown Tasks in 15 Minute Chunks For that Goal

Goal #1



Goal #2



**Day 3: December 19th at
10:00 am EST
Making a 2020 Action Plan**

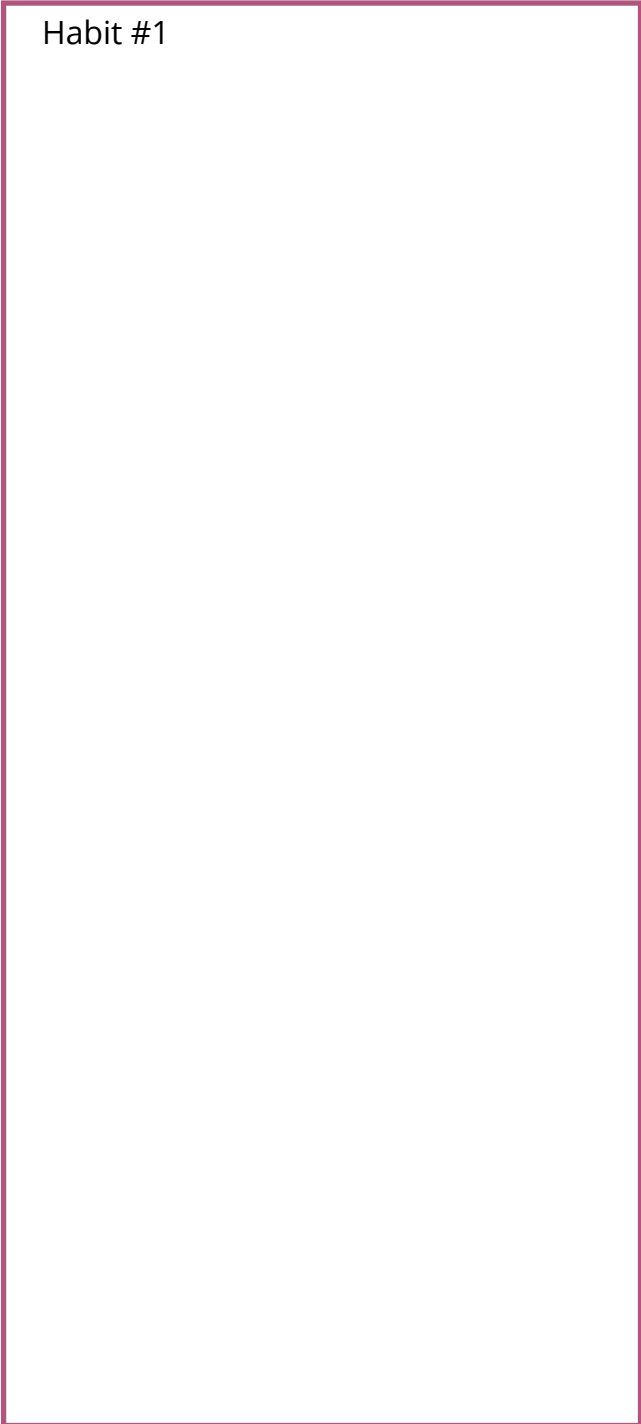
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Quarter 1 Habit

Create 4 smaller habits that will help you create the routine you want to work on!

Habit #1



Habit #2



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Let's Connect More!

I'd love to keep helping you on your journey!

Here are a few ways we can connect -

The Purpose Driven Mom Show: Follow my podcast anywhere you listen (apple podcasts, google play, spotify and more!)

Join the Purpose Driven Mom Club! Doors open on December 23rd and close on December 27th. The Club is a monthly group to help give you accountability, support and structure for your lives!

Head over to the waitlist to be the first to know when doors are open -->
www.apurposedrivenmom.com/club

