

RSVP worksheet

This is an invitation to reflect on the year that was and set your intentions for 2020. And RSVP is the formula to help you do this.

- **Review.** Look back over 2019
- **Superpowers.** What are you awesome at and should do more of?
- **Values.** What are the emotions/feelings you want more of in 2020? What are the key values that underscore this?
- **Purpose.** Start with the end in mind – what's your purpose for 2020? Your goals, aims, intentions or ambitions for 2020?

To help you to effectively RSVP, here are some guiding questions:

Step one: Reflect on the year that has passed

- What are three things you are proud of from 2019?
- What were three of the most significant challenges you faced?
- If you could wave a magic wand and change one thing from 2019, what would it be?
- What didn't serve you well in 2019? Which beliefs, people, circumstances, assumptions, blocks, attitudes or fears would it help to leave behind as you head in to 2019?
- What surprised you most about the year?
- Which word or phrase sums up how you feel about the year that has passed?

Task/notes – your observations from 2019

Observation one:

Observation two:

Observation three:

Step two: Strengths (your superpowers)

- When you are in the zone, what sort of things do you tend to be doing?
- What sort of things do you do that you receive compliments for?
- What do you tend to be doing when you feel most energised?

Task/notes – your superpowers

Superpower one:

Superpower two:

Superpower three:



Step three: What do you want more of in 2020?

To do this, I want to focus on our emotions and values. I know this sounds a bit wishy washy. But often when we set goals the traditional way, we don't necessarily "feel" it. And then we just focus on setting the bar higher

We long to feel joyful, calm, secure, peaceful, confident, alive, loving and all of those other feel-good emotions.

So let's focus on how we want to feel in 2020 and use that as a guide for planning the year ahead.

Questions to consider:

Emotions

- The last time I felt awesome was
- When I'm in my groove emotions that tend to pop up are ...
- Other than happy, the other emotions I wish I felt more of are

Values

- What are your key values? (use values list if needs be)
- Imagine your own eulogy – what qualities are people speaking of? What special memories are people reflecting on?
- Imagine yourself at the end of 2020 – what have you done that you feel really passionate about?
 - What are the key memories that stand out for you? Why do these moments stand out?
 - How have you related to people you care about?
 - How have you been spending the majority of your time?
 - How is your health?
 - What regrets do you have?
 - Are there areas of your life that you feel you've avoided addressing?
 - What are two experiences you're really glad you had?
- Your heroes – bring to mind three people you admire. Why do you admire them?
 - What are their key qualities?
 - If they faced adversity or challenges in life, how did they behave in those times?
 - How do they spend their time?
 - How will other people remember them when they pass away?

Task/notes – emotions/values you want to feel more of, or focus on, in 2020:

Emotion/value one:

Emotion/value two:

Emotion/value three:



Now ... let's put it all together!

Goal setting for next year

In 2020

Reflecting on 2019, I noticed:

Task/notes – your observations from 2019

Observation one:

Observation two:

Observation three:

My superpowers are ...

Task/notes – your superpowers

Superpower one:

Superpower two:

Superpower three:

For 2020, I will focus on more of:

Task/notes – emotions/values you want to feel more of, or focus on, in 2020:

Emotion/value one:

Emotion/value two:

Emotion/value three:

... to achieve (goal one), (goal two) and (goal three)

Task/notes – 2020 goals

Goal one:

Goal two:

Goal three:

