

## Start with prayer and silence

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Spend some time in prayer, reflection and silence. I know! Silence can be hard to come by, but doesn't 2020 you deserve a little quiet time to consider the year to come?

After you've allowed your brain to settle down and connect with God, use the space below to jot down your best and worst of 2019. Don't spend too much time thinking, just write what first comes to mind. (feel free to use extra pages if needed!)

Keep what serves you. Toss what drains you.

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Take your list of the good, the bad and the ugly of the last year. Circle the memories you want to keep and lessons you have learned and let the rest go. Cross them out. Crumple them up or burn them if it helps. But leave them back in 2019. It's a new day!

Just to reinforce, write down the good things and the wisdom that you want to take in to 2020 here and keep them in mind as you move to the next exercise.

Where are some places you'd like to go in 2020?

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Write down as many places as you can think of. They can be general like "church" or specific like "Santa Fe."

Who are some people you would like to see?

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Write down people you would like to see--everyone from "my college roommate who I haven't seen in years" to "Englebert Humperdink in concert" to "a therapist."

What practices would you like to adopt?

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What practices or habits would you like to adopt this year? A new prayer discipline? Flossing regularly? Reading more? Eating less?

Who would you like to become?

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In 2020, would you like to be a patient person? A calming presence? A tap dancer?

## Setting Your Intentions

# 2020

### Two by Two

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One of the main things that sabotoge our intentions is to try to do too many things. So go back through your lists and pick two (and only two) things in each category that you want to make your priorities.

Also, throughout this process, remember that these are your intentions for the whole year. It's a marathon, not a sprint. Even after you narrow down to two per category, they don't have to be achieved all at once--in fact, some will probably spill over into 2021...and that's okay.

Don't worry. You still have the original full list, so you can always go back to it.

You might want to go back to some time of silence and prayer and/or revisit your good and bad of 2019 to help you make your decisions.

Write your two by two choices on the next sheet.

# INTENTIONS FOR 2020

Becoming the Person God is Calling You to Be  
Two by Two

**Place to Go**

*1*

**People to See**

*2*

**Practices to Adopt**

*3*

**Person to Become**

*4*

# Congrats on setting your intentions for 2020!

In about a week, you'll receive a follow-up worksheet to help you discern what steps you'll need to take to realize your intentions.

Remember:

These are not resolutions at which you succeed or fail. Intentions can be reset or reignited at any time. They are not win/lose propositions.

You are a beloved child of God.

If you get stuck or have questions, feel free to email me at [anne@doubtingbeliever.com](mailto:anne@doubtingbeliever.com)

Blessings on your 2020!

Here's what's next...