

# PLAN FOR 2021

## VISION - CHECKLIST

### TO DO

- Fill in the worksheet
- Choose 1-3 main goals from your personal and art mind-map
- Choose your 2021 word that anchors your year

### OPTIONAL TASKS

- What do you need to do, be or have to achieve your goals/word?
- Start visualising your big vision or goal every day for 3-10 minutes
- Choose 3 expanders for 2021
- Track your time for at least a 24 hour period
- Write a mission statement

"In order to be ourselves we  
have to know ourselves"