

Today is December 31st, 2019. I am happy because this year I have

accomplished this: (These are the things I will keep in the forefront of my mind all year long in 2019 OR until they are done and I see myself as if I already have accomplished them. I will look at them often to remind myself where I am going. My quarterly goals, weekly projects and daily tasks will all support this year end vision.)

- Took the family on a 10 day tropical vacation
- Completely de-cluttered, organized, labeled & thoroughly cleaned every room in house
- Completed my income plan and estate plan for retirement
- I Lost 20 pounds and kept it off for three months even during holidays
- Put in a new garage floor & added extra storage space and cabinets

Q1- Jan, Feb, March 2019	Q2 – April, May, June 2019
<input type="checkbox"/> Determine budget and date for 10 day vacation	<input type="checkbox"/> Further my education on finances in retirement
<input type="checkbox"/> Complete Ret. Inc. Plan w/ Retirement Advoc.	<input type="checkbox"/> Get 3 quotes for re-doing the garage floor
<input type="checkbox"/> Schedule appt. with Est. Planning Attny	<input type="checkbox"/> De-clutter every room, closet & drawer in house
<input type="checkbox"/> Lose 5 lbs and create 3 new healthy habits	<input type="checkbox"/> Do 45 days of strength training
<input type="checkbox"/> Begin a morning routine that supports a goal	<input type="checkbox"/> Meet w/ Travel agent & book flight, resort, etc.
<input type="checkbox"/> Read "Sort and Succeed" or book on organizing	<input type="checkbox"/> Lose 5 more lbs & add one more habit

Q3- July, August, September 2019	Q4 – October, Nov, December 2019
<input type="checkbox"/> Schedule date for garage floor installation	<input type="checkbox"/> Lose the last 5 lbs - add 1 more healthy habit
<input type="checkbox"/> Add just 10 min of stretching to nightly routine	<input type="checkbox"/> Get pictures from trip organized into something
<input type="checkbox"/> Pack and plan excursions for vacation	<input type="checkbox"/> Add storage space and better cabinets in garage
<input type="checkbox"/> Cont. with strength trng & add 30 min walk outside	<input type="checkbox"/> Add new shelves in basement and pantry
<input type="checkbox"/> Meet w/Maria about my "Everplan"	<input type="checkbox"/> Re-organize the office
<input type="checkbox"/> Have all rugs in house steam cleaned	<input type="checkbox"/> Get Christmas getaway scheduled and planned

- Q1 – March 31st, 2019 Quarterly Review: _____
- Q2 – June 30th, 2019 Quarterly Review: _____
- Q3 – September 30th, 2019 Quarterly Review: _____
- Q4 – December 31st, 2019 Quarterly Review: _____