

CALENDAR CHALLENGE

# SEPTEMBER 2020

## GOAL-SETTING

SUN	MON	TUE	WED	THU	FRI	SAT
<p>2020 is the year of GRIT, GRATITUDE &amp; GOAL-SETTING! This season, our test is how purposeful, patient and present we can be for our own growth. Everyday this month of SEPTEMBER 2020, challenge yourself to make one small action towards becoming more intentional and visionary in your goal-setting.</p>						
<p><b>6</b> List 2 things you have accomplished in 2020 that you are proud of</p>	<p><b>7</b> Identify 1 skill you will start to develop or improve on</p>	<p><b>1</b> Choose a power word for the remainder of 2020</p>	<p><b>2</b> Make a list of things you want to release from your life</p>	<p><b>3</b> Make a list of things you want to invite into your life</p>	<p><b>4</b> Create a list of 5 things you want to accomplish in the next 5 years</p>	<p><b>5</b> Identify one book you commit to reading this year</p>
<p><b>13</b> ask a loved one what they want to still accomplish in 2020</p>	<p><b>8</b> List 3 people who you want to strengthen your relationship with</p>	<p><b>9</b> Listen to an inspiring message about goal-setting</p>	<p><b>10</b> List 1 financial goal you're setting for the next 4 months</p>	<p><b>11</b> Create a list of 20 things you want to accomplish in the next 10 years</p>	<p><b>12</b> List 2 wellness goals you're setting for the next 4 months</p>	<p><b>12</b> List 2 wellness goals you're setting for the next 4 months</p>
<p><b>20</b> Identify a habit you will work to pick up</p>	<p><b>14</b> List 2 relationship goals you're setting for the next 4 months</p>	<p><b>15</b> Break down a big goal you have into smaller goals</p>	<p><b>16</b> List 1 vocational goal you're setting for the next 4 months</p>	<p><b>17</b> Reflect on what you need to sacrifice in order to accomplish your goals</p>	<p><b>18</b> List 1 spiritual goal you're setting for the next 4 months</p>	<p><b>19</b> Identify a habit you will work to drop</p>
<p><b>27</b> Create a new vision board or add to an existing one</p>	<p><b>21</b> Tell 3 people about a goal you have</p>	<p><b>22</b> Meditate on your goals for 15 minutes</p>	<p><b>23</b> Reflect on what you will do when "life gets in the way..."</p>	<p><b>24</b> Write a few sentences about how accomplishing your goals would enhance your life</p>	<p><b>25</b> Create a list of 7 characteristics you must have to achieve your goals</p>	<p><b>26</b> ask a loved one what they want to accomplish in 2021</p>
<p><b>28</b> Reflect on how setting goals this month has changed your perspective</p>	<p><b>29</b> List 3 small goals you want to accomplish in October 2020!</p>	<p><b>30</b> Reflect on what you've done this month to invest in your life!</p>	<p><b>YOU ARE POWERFUL BEYOND MEASURE.</b> <u>While setting goals is powerful and necessary, you have to take consistent action toward your goals in order to achieve them.</u> Get your family, friends, and colleagues involved and share on Instagram &amp; Facebook with the #sarahnsays</p> <p>visit sarahnsays.com for upcoming calendars, n.e.w.s.letters and more!</p>			