

# Get Uplifted 2020

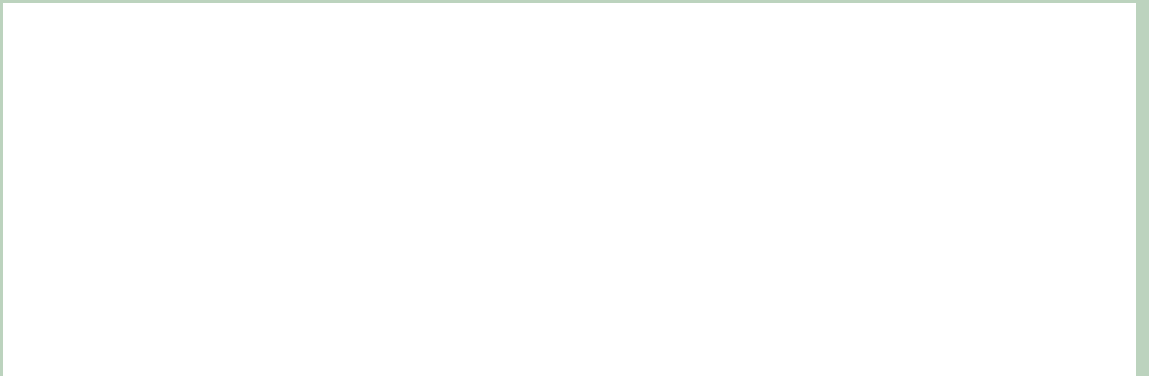
TODAY'S  
LESSON



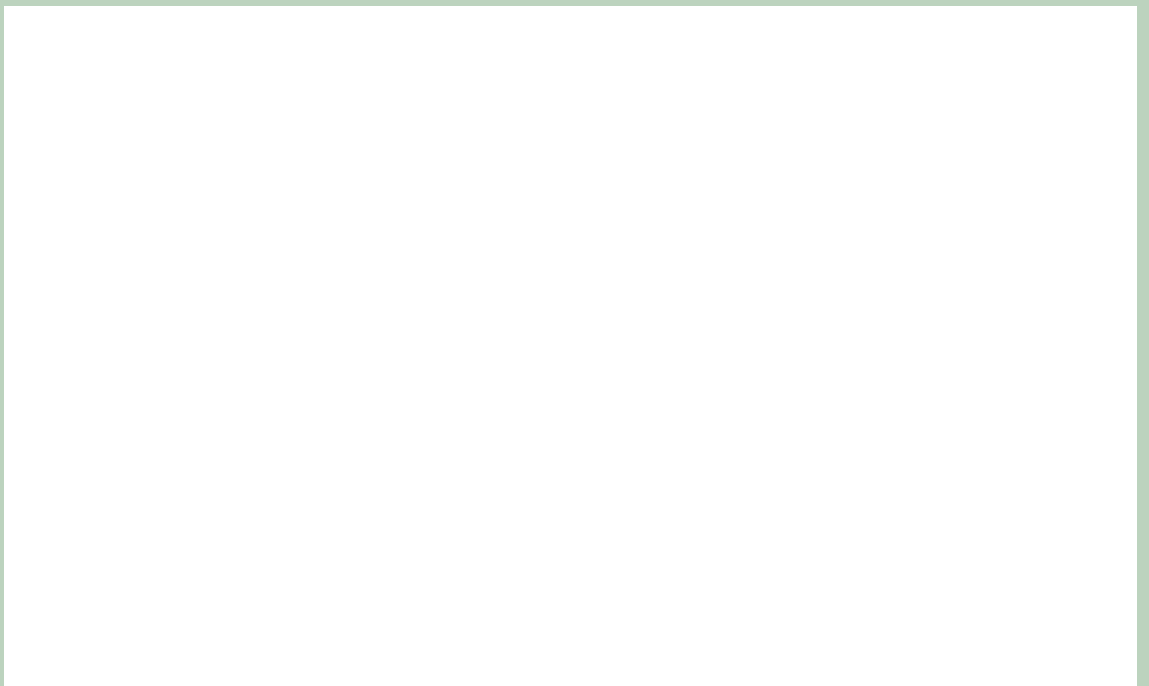
TOOLS FROM  
TODAYS  
SPEAKERS



HOW CAN I  
APPLY WHAT I  
LEARNED  
TODAY TO MY  
LIFE?



INSPIRATION/  
TAKE AWAY  
OF THE DAY



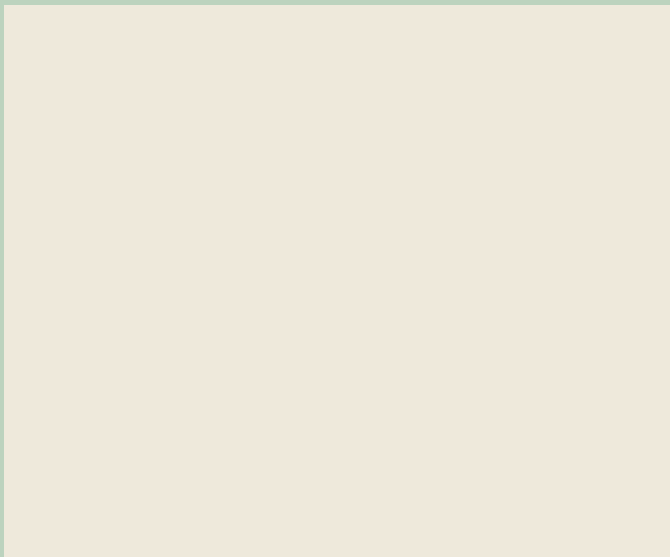


# *My Goals for 2021*

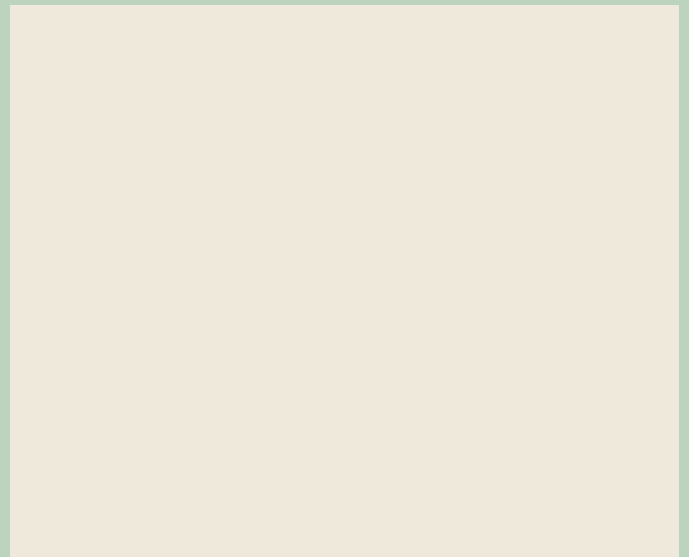
AND HOW I WANT TO FINISH 2020

Writing about your goals & ambitions is a great way to keep yourself inspired and motivated whether it is a dream you had since childhood or something that you thought about just recently. Write down how you plan to finish out 2020, how you want to feel going into 2021 and what you look forward to working on and accomplishing in 2021.

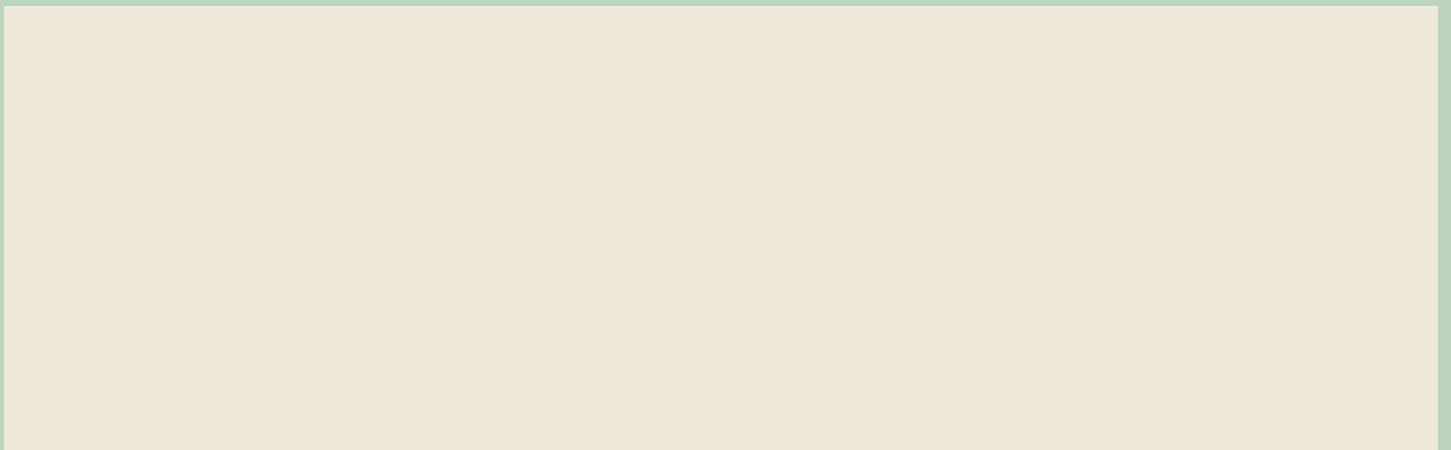
HOW I WANT TO FINISH 2020



HOW I WANT TO FEEL GOING INTO 2021



MY GOALS FOR 2021

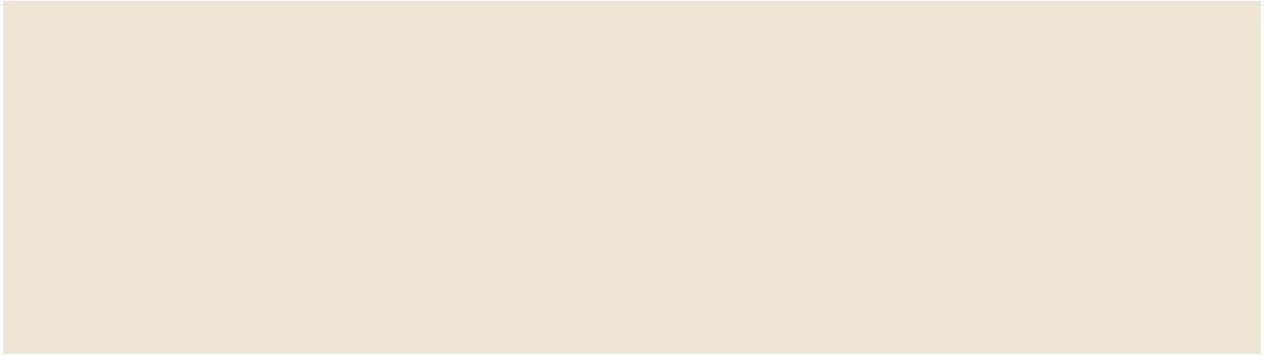


Date:

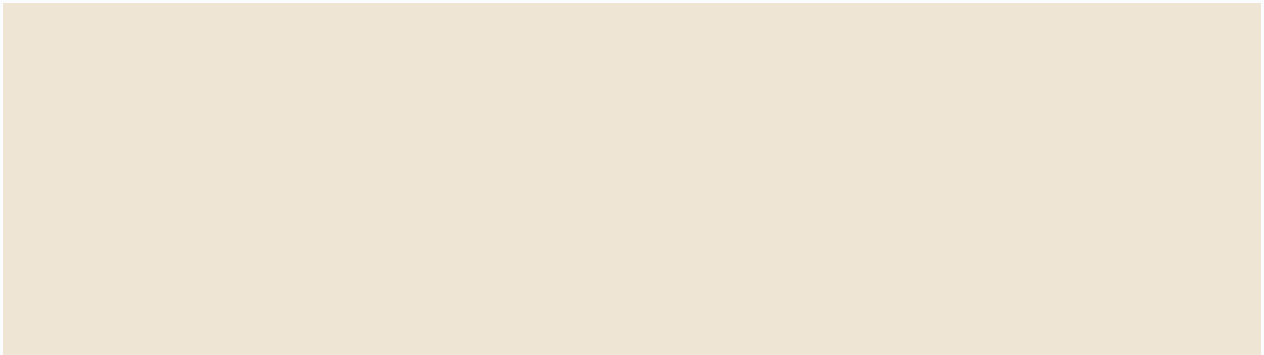
# Weekly habits to work towards your goals

Write down things you will do this week that will help you to create positive habits, things that will bring you JOY, and write down the things you have accomplished this week.

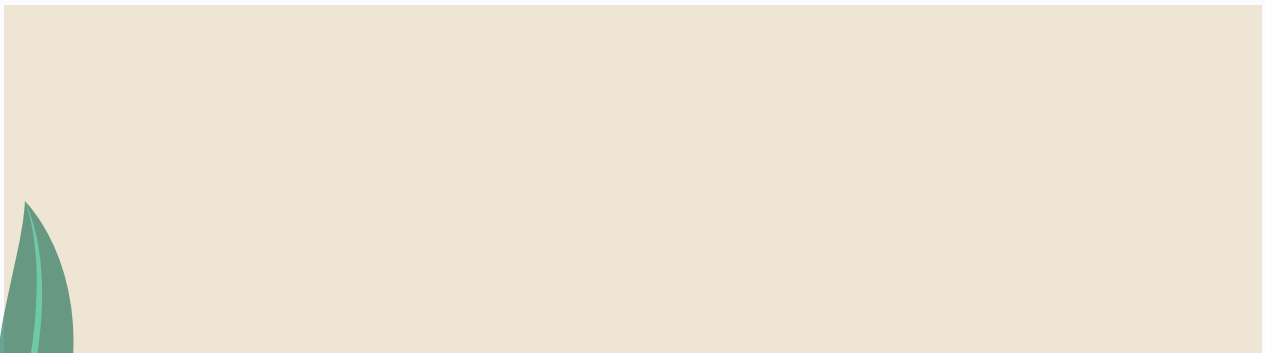
THINGS THAT I WILL DO THAT BRING ME JOY



GOALS AND HABITS I WANT TO WORK ON THIS WEEK



THIS WEEKS ACCOMPLISHMENTS



Date:

## ARE YOU GETTING YOUR DAILY WATER INTAKE AND MOVING YOUR BODY?

Take time to check in with yourself to see if you are getting enough water for the day and some type of movement in whether it's a walk, dancing in your house, running, playing with your kids, yoga, or getting outside for 20 minutes. Check off each box that you get your daily water intake and movement in for the day.

Week 1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 3

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 4

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 5

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 6

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 7

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 8

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 9

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 10

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## MY BIGGEST TAKE AWAY

DATE:

# GET UPLIFTED 2020 WRAP UP

What is your biggest take away from Get Uplifted 2020? What are some challenges you had in 2020 and how did you overcome them? What are some silver linings in your life from 2020? What did you learn about yourself this past year? What is your word for the end of 2020? What is your word for 2021? How do you plan on making 2021 an amazing year? How will you help others to stay uplifted and inspired as well as yourself?