



CREATE YOUR 20/20 PLAN

During a 2020 Pandemic

REFLECT ON YOUR LIFE BEFORE & DURING THE COVID CRISIS AND CREATE A NEW PLAN FOR 2020

Allison Moore Coaching
DISCOVER MORE TO LIFE



WELCOME, I'M GLAD YOU'RE HERE!

The world may gradually reopen in various ways over the next few months, but much of what we're experiencing now will still apply - social distancing, shelter in place, work from home and managing distance learning.

While it feels like your life is on pause, it's important to acknowledge that you **HAVE** been living, feeling, learning, and adapting. It may not be the life you planned, but you're making the most of it.

While you have little control over how and when the world will reopen, you **DO** have the opportunity to reflect on this experience and design the life you want moving forward.

You can do hard things. You have been. Now, you can find meaning in the chaos. Identify what you want to keep. Address things that need to change. And *create your 20/20 vision, goals and plan.*

What do you want to feel like at the end of 2020?

In health and love,

Allison

We don't learn from experience. We learn from reflecting on experience.

John Dewey

MY LIFE - PRE-PANDEMIC

Reflect on your pre-pandemic life and what it felt and looked like. Use this section to identify what was working and what wasn't working in various aspects of your life.

Identify 1-3 things that WERE and WERE NOT previously working in the following categories.

	WORKING	NOT WORKING
Love/ Relationship:		
Family:		
Friends:		
Career or Business:		
Community:		
Recreation/ Activities:		
Self-Care:		
Finances:		
Health:		
Spirituality:		

MY LIFE - PRE-PANDEMIC - CONTINUED

What activities or rituals did you enjoy most pre-pandemic?

What activities left you feeling exhausted, empty or less than fulfilled?

What did your average daily and weekly routine look like? What worked and what didn't?

MY LIFE DURING SHELTER-IN-PLACE, SOCIAL-DISTANCING

A lot of us are still under SIP orders or practicing social distancing, and will be for months. It hasn't been easy, but somehow we're finding our new routine, adapting as much as possible, and even enjoying some aspects of this unexpected time (more family time, a slower pace, etc.). In this section, you can also acknowledge and grieve changes that have caused you stress and sadness (the missed celebrations, not seeing your loved ones, etc.).

In what ways have the following aspects of your life changed?

Love/
Relationship:

Family:

Friends:

Career or
Business:

Community:

Recreation/
Activities:

Self-Care:

Finances:

Health:

Spirituality:

MY LIFE DURING SHELTER-IN-PLACE, SOCIAL-DISTANCING - CONTINUED

What have you found to be the most difficult about this time?

What do you miss? What do you need to grieve?

What feelings or emotions have most surprised you during the pandemic?

MY LIFE DURING SHELTER-IN-PLACE, SOCIAL-DISTANCING - CONTINUED

What fears or concerns do you currently have?

What has brought you joy during this time?

In what ways have you adapted or pivoted in your life, personally or professionally?

What are you grateful for?

MY VISION FOR 2020

The next six months are likely to be more of the same - shelter in place, social distancing, work from home and distance learning. Businesses will have to shut down again if numbers keep rising, and the eventual recovery plan will vary from county to county. It's hard to imagine more of the same, but you're headed into the second half of 2020 with more experience. The unknown is scary and stressful, but the antidote to fear is action. What CAN you plan for? What challenges do you anticipate? What realistic goals can you set for 2020? What can you do to FEEL the way you want to feel at the end of the year?

What do you want for 2020 in the following categories?

Love/
Relationship:

Family:

Friends:

Career or
Business:

Community:

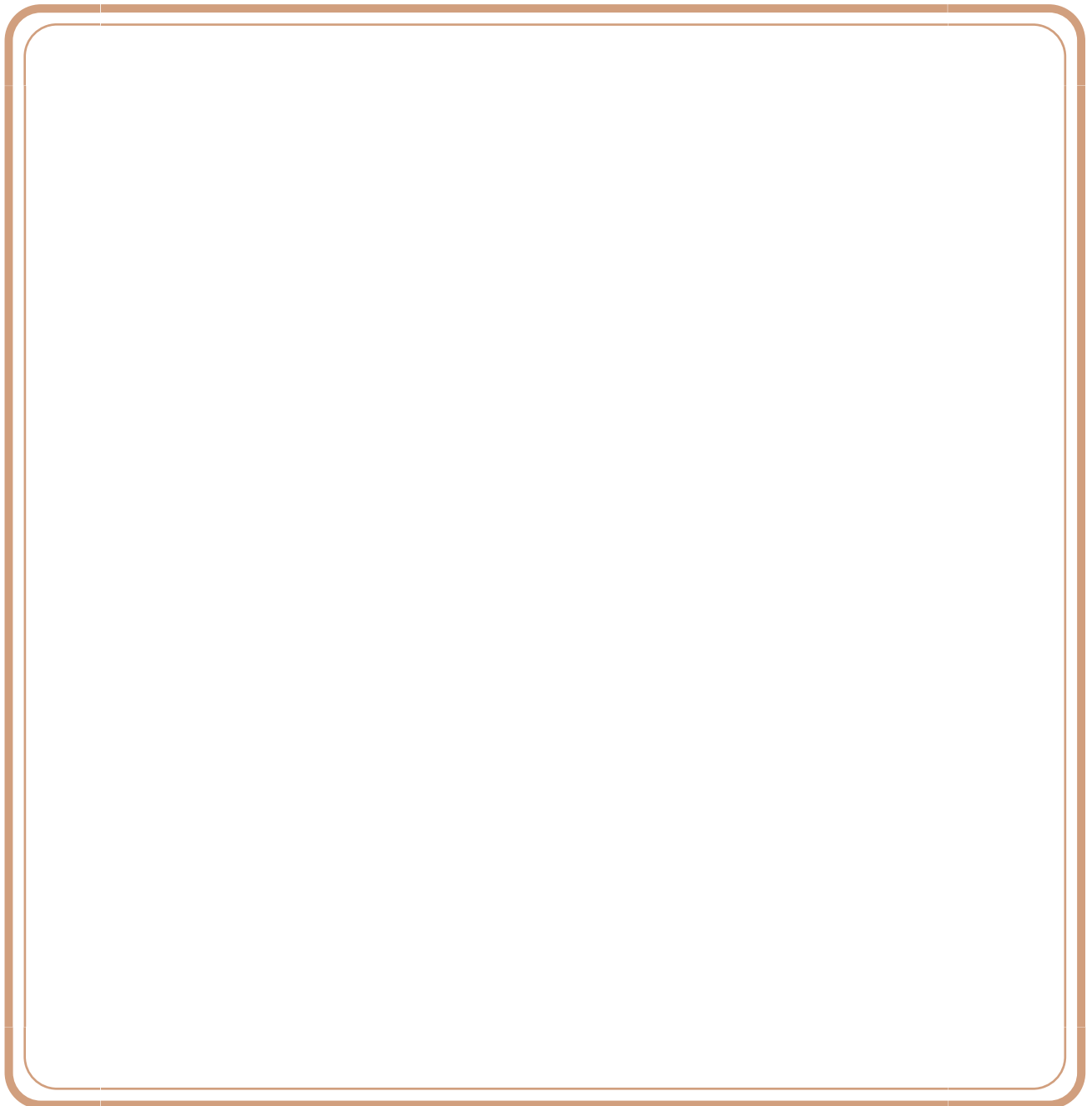
Recreation/
Activities:

Self-Care:

Finances:


Health:

Spirituality:



MY VISION FOR 2020 - CONTINUED

How do you want to FEEL during the next 6 months? List words, describe feelings, or draw a picture. Create YOUR VISION for 2020.



MY VISION FOR 2020 - CONTINUED

When the world reopens (assuming that *eventually* our life resembles more of the pre-COVID days), what are you most looking forward to?

What challenges are you currently dealing with or anticipate facing during the next 6 months?

Use this space to brainstorm potential solutions and options for the challenges listed above. Think about various scenarios and what they will mean for you and your household.

MY VISION FOR 2020 - CONTINUED

Identify 5 rituals, routines, or practices from this shelter-in-place time that you want to keep (individually or family-related).

1.

2.

3.

4.

5.

Identify the 3 most important changes you want to make, or accomplishments you want to achieve before 2020 is over.

1.

2.

3.

MY VISION FOR 2020 - CONTINUED

What are potential obstacles to making these changes or progress?

1.

2.

3.

On the next few pages, you are going to turn each change or achievement into a S.M.A.R.T. goal.

S

M

A

R

T

SPECIFIC

MEASURABLE

ACHIEVABLE

RELEVANT

TIME BOUND

Be specific.

Measure

Realistic given

Goal is relevant

Set due date

Well defined.

progress.

timeframe.

to your greater

and 1 or more

Unambiguous.

Quantifiable.

Identify barriers.

vision.

progress dates.

Bonus: How will you celebrate achieving your goal?

CREATE A 20/20 S.M.A.R.T. GOAL

Start by thinking about the change you want to make. What goal(s) begin to formulate? Now, put your goal to the test to ensure it's a S.M.A.R.T. goal. **At the bottom, you'll write your final goal.**



SPECIFIC



MEASURABLE



ACHIEVABLE



RELEVANT



TIME BOUND

MY 20/20 S.M.A.R.T. GOAL: _____

CREATE A 20/20 S.M.A.R.T. GOAL

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TIME BOUND

MY 20/20 S.M.A.R.T. GOAL: _____

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Start by thinking about the change you want to make. What goal(s) begin to formulate? Now, put your goal to the test to ensure it's a S.M.A.R.T. goal. **At the bottom, you'll write your final goal.**



SPECIFIC



MEASURABLE



ACHIEVABLE



RELEVANT



TIME BOUND

MY 20/20 S.M.A.R.T. GOAL: _____

LEVEL UP YOUR GOAL SETTING

There's an abundance of research about goal setting and increasing the odds of achieving your goals. From writing them down to telling a friend to scheduling weekly check-ins or working with a coach, take advantage of these tips and turn your goals into reality.



WRITE IT DOWN

Whether you write your goals down once and revisit or write them 10 times each day, the research says that you're 42% more likely to reach your goals.



SET MICRO-GOALS & ACTIONS

Goals can feel big and overwhelming. Solution: Set up micro-goals and list actions under each one to help you stay focused along the way. Bonus: Celebrate your achievements after reaching each micro-goal.



TELL A SUPPORTIVE FRIEND

If you commit to someone and share your goal, you increase the odds of completing your goal by up to 65%.



SCHEDULE ACCOUNTABILITY CHECK-INS

Want to up your chance of success to 95%? Schedule a consistent time to check in with your accountability buddy. This is also why working with a coach can be extremely valuable.

Sources: American Psychological Association; Michigan State University, Professor, Dr. Gail Matthews; American Society of Training and Development.



TO CREATE THE LIFE I WANT, I WILL:

01

PRACTICE GRATITUDE

At the beginning or end of each day, I will make a mental or physical list of the people, circumstances and things I'm grateful for.

02

BE INTENTIONAL WHEN ADDING THINGS TO MY SCHEDULE

For each event or activity I'm inviting back into my life, I will evaluate how it makes me feel. Tip: Ask yourself, "If this was happening tonight, would I want to go?"

03

HAVE THOUGHTFUL CONVERSATIONS WITH MY FAMILY

I will talk with my family about what they want to add back in or rituals and routines they want to keep from our shelter-in-place time.

04

MOVE AND FUEL MY BODY

I will increase my mental and physical energy through movement and nutrition that fuels my body.

05

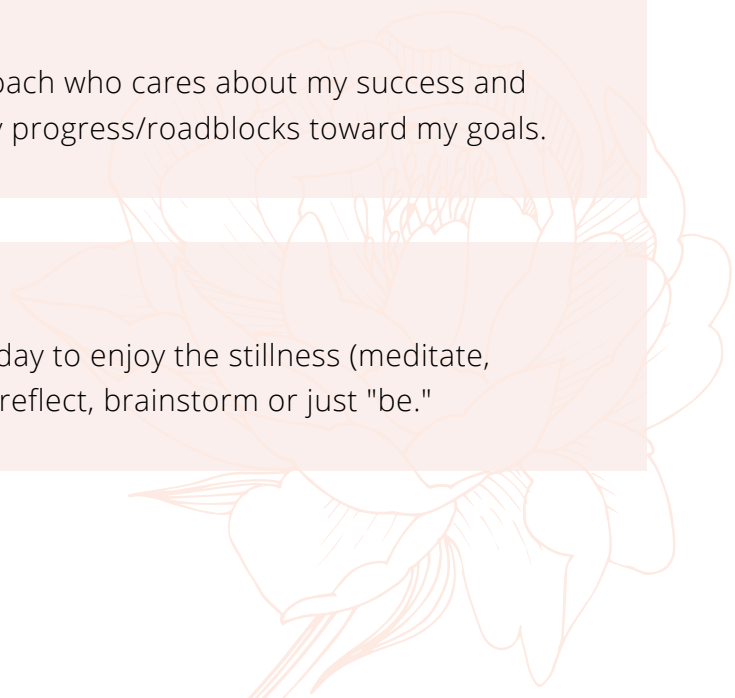
FIND ACCOUNTABILITY

I will find a supportive friend or coach who cares about my success and I'll schedule check ins to share my progress/roadblocks toward my goals.

06

SEEK QUIET TIME

I will carve out a small part of my day to enjoy the stillness (meditate, journal, etc.). It will be my time to reflect, brainstorm or just "be."



DAILY PLANNER

DATE:

TO-DO LIST:

Choose 3 as your top priorities.

NOTES:

6:00 AM

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM

11:30 AM

12:00 PM

12:30 PM

1:00 PM

1:30 PM

2:00 PM

2:30 PM

3:00 PM

3:30 PM

4:00 PM

4:30 PM

5:00 PM

WEEKLY SCHEDULE PLANNER

MONTH

WEEK NO.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

AUGUST

Goal 1

Goal 2

Goal 3

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

What Could Your Life Look Like 3 Months From Now?



Booking
Summer
Sessions Now



ERIN R.

"I now feel a total sense of confidence, decisiveness and fearlessness: I don't doubt what I'm doing or feel timid or nervous about it. I believe in it 100%, and though I know there will be challenges, I'm excited to tackle them."

Imagine confidently knowing your passion and purpose. You wake up feeling energized to tackle the day. You have a plan for achieving your goals and you're supported every step of the way.

During the 90-day coaching journey, this is what's possible. Together, we will uncover your dreams & goals and create an inspiring plan to achieve them. Goals can be big or small, but we approach them the same way. It's time to get out of your head and into living the life of your dreams. If this time has taught us anything, it's that life is precious. Let's make sure your life has the meaning you want!

Are you ready?

Email: hello@allisonmoore.com

We'll schedule a phone call to talk about your goals.

“

BE FEARLESS IN
THE PURSUIT
OF WHAT
SETS YOUR
SOUL
ON FIRE.

Unknown



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