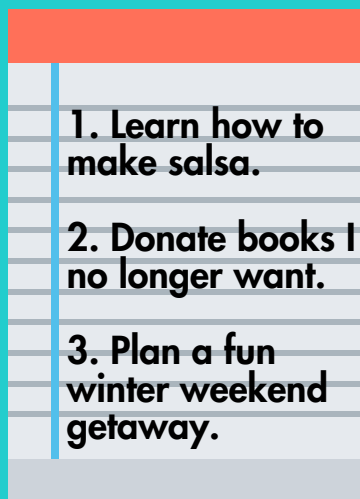


What's your **20** for **2020**?

MAKE YOUR LIST

Write 20 things you want to do in 2020. Think about things you've wanted to do, but haven't had time for.



Small or big, make your goals action-oriented and realistic.

Put a reminder in your calendar each month to re-visit your list and reflect.

For more information about this challenge, visit Gretchen Rubin's website at gretchenrubin.com.



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