

**2020 BETTER
THAN
LAST YEAR
PROJECT**

**THE BEST PROJECT YOU'LL
EVER WORK ON IS YOU.**

HOW TO USE

FOR DOERS, EXPERIMENTERS, GROWTH SEEKERS

FOR MANY OF US, THE ARRIVAL OF THE NEW YEAR MEANS RESOLUTIONS. RESOLUTIONS ARE GUIDING PRINCIPLES THAT DICTATE HOW WE GO ABOUT OUR DAILY LIVES IN THE NEW YEAR, UNFORTUNATELY, THE BUSYNESS OF OUR LIVES OFTEN MEAN THAT OUR RESOLUTIONS ARE LONG FORGOTTEN BY THE TIME FEBRUARY COMES.

THE GOAL OF THESE PAGES IS TO HELP COMPARTMENTALIZE OUR RESOLUTIONS INTO SMALL ACHIEVABLE TASKS. FOR EACH WORKSHEET, YOU WILL BE PROMPTED TO TRACK, REFLECT AND DOCUMENT PROGRESS.

THE PAGES ARE MEANT TO BE INSERTED INTO AN A5 NOTEBOOK AS A GUIDING PROMPT. THERE IS NO SPECIFIC ORDER TO COMPLETE. PICK A PAGE TO FOCUS ON FOR A PERIOD OF TIME.

IF YOU NEED IDEAS, BROWSE THROUGH THE MANY ARTICLES ON OUR SITE.

WWW.THEDOSOMETHINGPROJECT.COM
WWW.SISTERSFORFI.COM

I AM A MINIMALIST.

I EMBRACE THE WHITE SPACE.

3 BOOKS
(TO) READ

3 THINGS
TO REDUCE

3X7
MINIMALIST
HABIT
TRACKER

HABIT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

3 THINGS I LEARNED ABOUT WHAT MINIMALISM MEANS TO ME

3 STATEMENTS ABOUT MINIMALISM THAT HAD AN IMPACT ON ME

I AM HUMAN.

I BELIEVE IN HONEST CONNECTIONS.

3 PEOPLE I WANT
TO SPEND
TIME WITH

3 WAYS I
SHOW LOVE

3 ACTIVITIES I WANT
TO SHARE WITH
SOMEONE I LOVE

3X7
BE PRESENT
HABIT
TRACKER

HABIT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="text"/>	<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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<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3 THINGS I LEARNED ABOUT MY CURRENT RELATIONSHIPS.

3 WAYS OTHER PEOPLE SHOW THAT THEY LOVE ME.

I AM A CREATOR.

I CREATE MORE THAN I CONSUME.

3 BOOKS
(TO) READ

3 THINGS
TO CREATE

3X7
CREATIVE
HABIT
TRACKER

HABIT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

3 THINGS I LEARNED ABOUT MY CREATIVE SIDE.

3 CREATIVE AREAS I WANT TO EXPLORE FURTHER.

I AM AN ADVENTURER.

I AM BRAVE, I TAKE RISKS.

3 THINGS I'VE
NEVER DONE

3 PLACES I WANT
TO GO TO

3X7
ADVENTURER
HABIT
TRACKER

HABIT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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3 THINGS I LEARNED ABOUT MY NEED FOR ADVENTURE AND EXPLORATION.

3 OF MY BEST TRAVEL MEMORIES INVOLVED...

I AM AN ENVIRONMENTALIST.

I AM ONE AND I CAN DO SOMETHING TODAY.

3 BOOKS (TO)
READ

3 REASONS WHY
I'M LIVING
MORE GREEN

3X7
ECO-FRIENDLY
HABIT
TRACKER

HABIT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="text"/>	<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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3 THINGS I LEARNED ABOUT ENVIRONMENTALISM.

3 WAYS I'VE EDUCATED OTHERS ON MY ECO-FRIENDLY LIFESTYLE.

I AM WORTH IT.

I BELIEVE MONEY GIVES ME FREEDOM.

3

BOOKS (TO)
READ ON
MONEY

3

PEOPLE WHO
INFLUENCED MY
MONEY HABITS

3

THINGS I'M
SAVING FOR

3

WAYS I'M
INVESTING
IN MYSELF

3X7

DEBT-FREE
HABIT
TRACKER

HABIT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="text"/>	<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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3 THINGS I LEARNED ABOUT MY FINANCES.

I AM WORTH IT.

I BELIEVE MONEY GIVES ME FREEDOM.

3

BOOKS (TO)
READ ON
MONEY

3

PEOPLE WHO
INFLUENCED MY
MONEY HABITS

3

THINGS I'M
SAVING FOR

3

WAYS I'M
INVESTING
IN MYSELF

3X7

DEBT-FREE
HABIT
TRACKER

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3 THINGS I LEARNED ABOUT MY FINANCES.

I AM A BIOHACKER.

I HAVE A GROWTH MINDSET.

3

BOOKS (TO)
READ ON
HEALTH

3

REASONS WHY I
WANT TO BE
HEALTHY

3

UNHEALTHY
THINGS I'M
GIVING UP

3

HEALTH
EXPERIMENTS
TO TRY

3X7

HEALTHY
HABIT
TRACKER

HABIT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
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3 THINGS I LEARNED ABOUT HOW MY BODY AND MIND FUNCTIONS.