

END 2020 IN THE
BEST WAY

END 2020

With happiness,
Gratitud
&
New goals for the new year



Liana Rikberg

END 2020 IN THE BEST WAY

Hi!

I'm so happy that you found your way here!

If you don't know me, my name is Liana Rikberg, and the reason why I made this book, is to encourage and amplify joy through this bizarre situation that we're all experiencing.

I know that we all experience and manage situations we're in differently, but my wish and intention with this book, is for you to help you not only to create a place for you to see what's good in your life, but also to help you create dreams, goals. To help you try new things and ultimately look forward to the year 2021, as well as the years that follow.

I know this book will help you thrive in this last month of 2020. And if you have any questions, wishes, or just feel called to share your joy, you can always email me at:
calender@letmeinspireyou.se

Feel free to tag me or follow me and connect with me on
Instagram at:
[@Liana.letmeinspireyou](https://www.instagram.com/Liana.letmeinspireyou)

I wish you a wonderful end of 2020!



Liana Rikberg

Check list

Day 1-7

MUST

- Drink 8 glasses of water / day
- Meditate
- Gratefulness
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-
-

I WOULD LIKE TO DO

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WHO INSPIRED YOU THIS WEEK:

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I WOULD LIKE TO TRY

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WHAT HAVE I LEARNED / READ ABOUT THAT MAKES ME HAPPY



GRATEFULNESS

D A Y 1 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 2 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 3 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anytjing, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 4 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 5 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anytjing, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 6 :

What am I happy & grateful for today:

- 1.
- 2.
- 3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

- 1.
- 2.
- 3.



GRATEFULNESS

D A Y 7 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.

How do you want to feel?

Here I want you to write the opposite of a negative thought or belief that you have about yourself or what you can achieve.

A thought or belief about yourself or something you can do:

Example: I am worthy

Feeling:

Example: Proud, I'm a worthy of the things that I want in life, enough

Action

Exempel: I can ask for a salary raise, I can ask for a well deserved vacation

Check list

Day 8-14

MUST

- Drink 8 glasses of water / day
- Meditate
- Gratefulness
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-

I WOULD LIKE TO DO

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WHO INSPIRED YOU THIS WEEK:

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I WOULD LIKE TO TRY

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WHAT HAVE I LEARNED / READ ABOUT THAT MAKES ME HAPPY



GRATEFULNESS

DAY 8 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 9 :

What am I happy & grateful for today:

- 1.
- 2.
- 3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

- 1.
- 2.
- 3.



GRATEFULNESS

D A Y 10 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 11:

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 1 2 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anytjing, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 13 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 14 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.

How do you want to feel?

Here I want you to write the opposite of a negative thought or belief that you have about yourself or what you can achieve.

A thought or belief about yourself or something you can do:

Example: I am worthy

Feeling:

Example: Proud, I'm a worthy of the things that I want in life, enough

Action

Exempel: I can ask for a salary raise, I can ask for a well deserved vacation

Check list

Day 15-21

MUST

- Drink 8 glasses of water / day
- Meditate
- Gratefulness
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I WOULD LIKE TO DO

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WHO INSPIRED YOU THIS WEEK:

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I WOULD LIKE TO TRY

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WHAT HAVE I LEARNED / READ ABOUT THAT MAKES ME HAPPY



GRATEFULNESS

DAY 15 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 16 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 17 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 18 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 19 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 2 0 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 21 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anytjing, there is no wrong or right.

1.

2.

3.

How do you want to feel?

Here I want you to write the opposite of a negative thought or belief that you have about yourself or what you can achieve.

A thought or belief about yourself or something you can do:

Example: I am worthy

Feeling:

Example: Proud, I'm a worthy of the things that I want in life, enough

Action

Exempel: I can ask for a salary raise, I can ask for a well deserved vacation

Check list

Day 22-28

MUST

- Drink 8 glasses of water / day
- Meditate
- Gratefulness
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I WOULD LIKE TO DO

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WHO INSPIRED YOU THIS WEEK:

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I WOULD LIKE TO TRY

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WHAT HAVE I LEARNED / READ ABOUT THAT MAKES ME HAPPY



GRATEFULNESS

D A Y 22 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 23 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anytjing, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 24 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anytjing, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 25 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 26 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 27 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anytjing, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 28 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.

How do you want to feel?

Here I want you to write the opposite of a negative thought or belief that you have about yourself or what you can achieve.

A thought or belief about yourself or something you can do:

Example: I am worthy

Feeling:

Example: Proud, I'm a worthy of the things that I want in life, enough

Action

Exempel: I can ask for a salary raise, I can ask for a well deserved vacation

Check list

Day 29-31

MUST

- Drink 8 glasses of water / day
- Meditate
- Gratefulness
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-

I WOULD LIKE TO DO

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WHO INSPIRED YOU THIS WEEK:

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I WOULD LIKE TO TRY

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WHAT HAVE I LEARNED / READ ABOUT THAT MAKES ME HAPPY



GRATEFULNESS

D A Y 29 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 30 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.



GRATEFULNESS

D A Y 31 :

What am I happy & grateful for today:

1.

2.

3.



What am I most satisfied about today?

Have you done something that you are proud of or happy over, has anyone done anything for you, or have you just handled a situation with the right attitude. Anything, there is no wrong or right.

1.

2.

3.

How do you want to feel?

Here I want you to write the opposite of a negative thought or belief that you have about yourself or what you can achieve.

A thought or belief about yourself or something you can do:

Example: I am worthy

Feeling:

Example: Proud, I'm a worthy of the things that I want in life, enough

Action

Exempel: I can ask for a salary raise, I can ask for a well deserved vacation

What are you taking with you to 2021

2020 will be a year that none of us will forget. The circumstances, the changes and the adjustments that we have had to make. But in every situation there is something to learn and something that we can take with us.

WHAT HAVE I LEARNED?

Example: That work can all of the sudden disappear.

WHAT WILL YOU TAKE WITH YOU INTO 2021

Example: To appreciate hugs and not underestimate them again.

Look forward to 2021

Here I want you to write down goals and things that you want to make it happen or you want to change in 2021. Write as if this WILL happen and how much you look forward to it!

PERSONALITY

Example: To be more patient when things don't go as I expect them to go.

FAMILY:

Example: To make more family memories, through travel and discovering new places.

Look forward to 2021

CARRIER:

Example: To work effectively on my working hours and then let go of work as soon as I stop working.

FINANCIAL:

Example: Find other financial sources to be make more time to do what I love.

Look forward to 2021

SPIRITUAL

Example: Learn to meditate to be able to be in the moment.

HEALTH:

Example: To exercise and find a flow that works every week so I can keep it up and look forward to do my exercises every time.

Look forward to 2021

RELATIONSHIPS:

Example: To get a stronger bond with my siblings.

QUALITY OF LIFE:

Example: To feel ok when saying no because I need time for myself to change my batteries.

CELEBRATE!

HAPPY NEW YEAR 2021

My best wishes goes out to you!
I hope this year brings you happiness, love &
abundance!



Liana Rikberg