



INTENTIONS WORKSHEET

Setting Intentions, Guiding yourself for the New Year

Directions: Let's get ready for the New Year!

Write down big dreams, small goals, and congratulations on taking the first steps to setting your intentions for the next year

PROFESSIONAL

RELATIONSHIPS

FINANCIAL

PERSONAL

HEALTH

WELLNESS



WHAT ARE YOUR ACHIEVEMENTS FROM LAST YEAR?

WHAT LIMITING BELIEFS DO YOU NEED TO REMOVE?

WRITE DOWN 5 GOALS YOU CAN ACHIEVE THIS YEAR