

intention setting

word association

Use the following exercise to to associate intentions with actions. Complete each sentence with a word or phrase.

- 1 Embrace _____
- 2 Love _____
- 3 Let go of _____
- 4 Learn _____
- 5 Take time to _____
- 6 Cultivate _____

reflection

Uncover some of your goals for 2021 by reflecting on the past year.
What went well? What was particularly challenging?

- 1 What is a valuable lesson you learned in 2020?

- 2 What was one of the biggest challenges you faced in 2020?

- 3 When did you feel most at peace in 2020?

- 4 What habits did you have in 2020 that are no longer serving you?

- 5 What big changes impacted your happiness in 2020?

- 6 What are three words to describe your health and wellness in 2020?

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set intentions

Looking into the New Year, begin to shed light on your goals and think about how you want to live. Where do you feel the most joy? What gives you purpose? Try and capture some of these ideas by answering the following questions

1 What are you most passionate about accomplishing in 2021?

2 What types of relationships would you like to cultivate in 2021?

3 What do you wish you had more time to do in the New Year? How could you create a small amount of time for this each week?

4 In what ways do you want to improve your health in 2021?

5 What new routines would you like to incorporate into your daily life?

6 What are three words to describe the experience you hope to have in 2021?
