Year In Review & Intention Setting Worksheet

Look Back
Reflect on at least 3 obstacles you overcame in the last year. What lessons were learned and what qualities of character were strengthened as a result?

Reflect on up to 3 challenges you are currently working on that you feel stand in the way of you reaching your highest goals and intentions.

Reflect on 3 positive shifts you made in the last year. Give yourself full credit for forward growth, even if they were just little steps (little steps add up to big changes in time)

Name your three most powerful moments or special memories from the last year.
Look Forward

Name 3 goals, intentions or desires you have for the next year.

Now list 3 obstacles that you think might stand in the way of you manifesting your intentions and counter each of them with a solution.

Name 3 qualities of character you want to cultivate this year to help you embody, or manifest your intentions.

Reflect on, and name, the desired outcomes or feeling states that you will experience having realized your intentions. Allow yourself to really feel each outcome in your body. Take your time with it as the more you can not only visualize but also feel where you are going the easier it is to get there.