



Intention Setting

2020

Reflecting On 2019

1. What **didn't** work well for me last year?

2. What **did** work well for me last year?

3. My biggest challenge last year was...

4. My best accomplishment last year was...

5. Use three words to describe last year?

6. I surprised myself last year when I...

7. I am most proud of...



Intention Setting 2020

8. Three things I am ready to let go of in 2020...

9. Three things I am ready to bring into my life for 2020?

10. How can I grow and nourish myself **mentally**?

11. How can I grow and nourish myself **emotionally**?

12. How can I grow and nourish myself **spiritually**?

13. How can I grow and nourish myself **physically**?

14. How can I grow, evolve, or change my financial situation?



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15. How would I like my freedom to grow, evolve, or change (includes luxury, items, travel)?

16. How can I grow and nourish my relationship with myself?

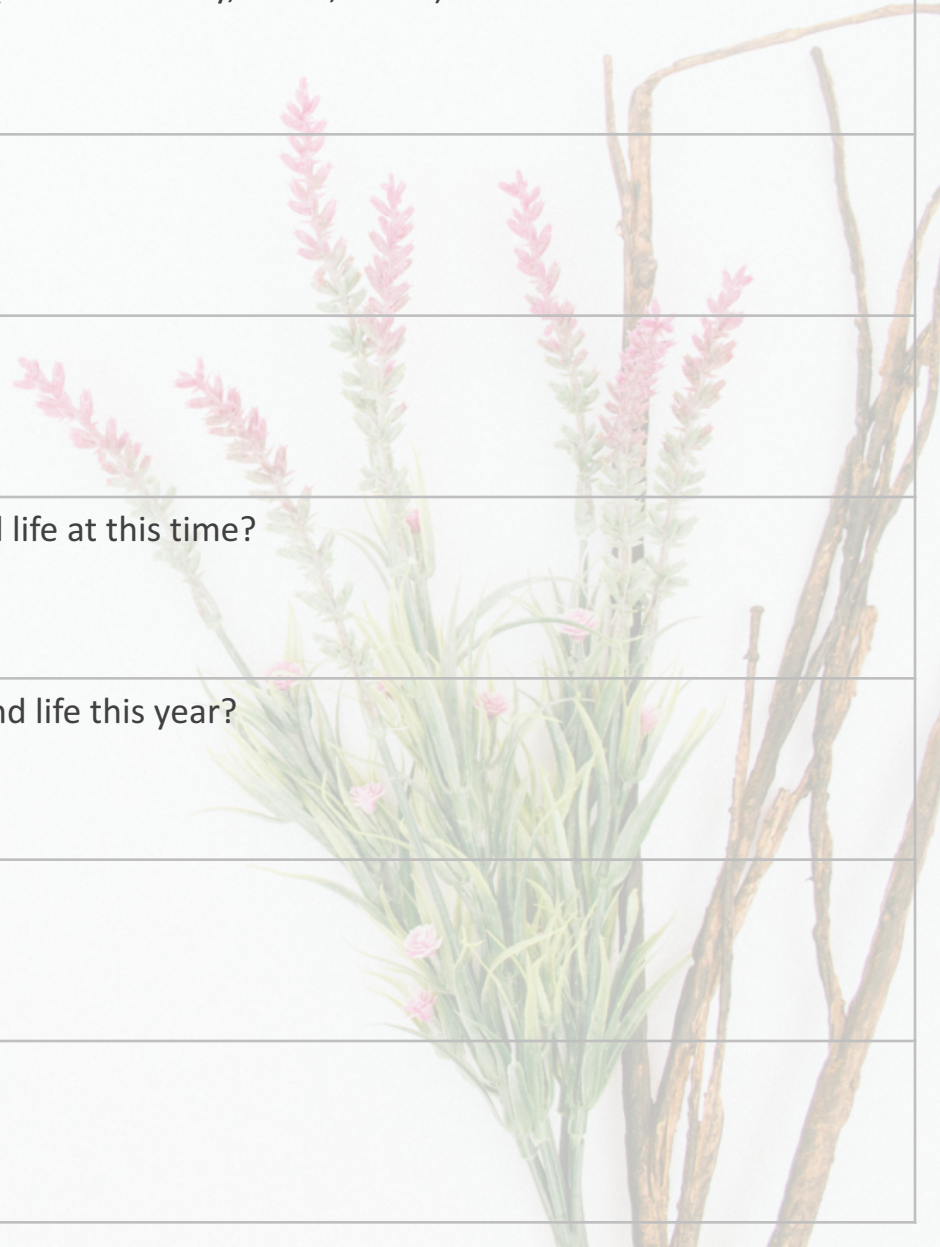
17. How can I grow and nourish my relationship with others?

18. Five words to describe how I am feeling about myself and life at this time?

19. Five words to describe how I want to feel about myself and life this year?

20. What would I like to accomplish this year?

21. How can I love myself more?



Getting Organized & Balanced

22. What can I **let go** of that will help me achieve my intentions for 2020?

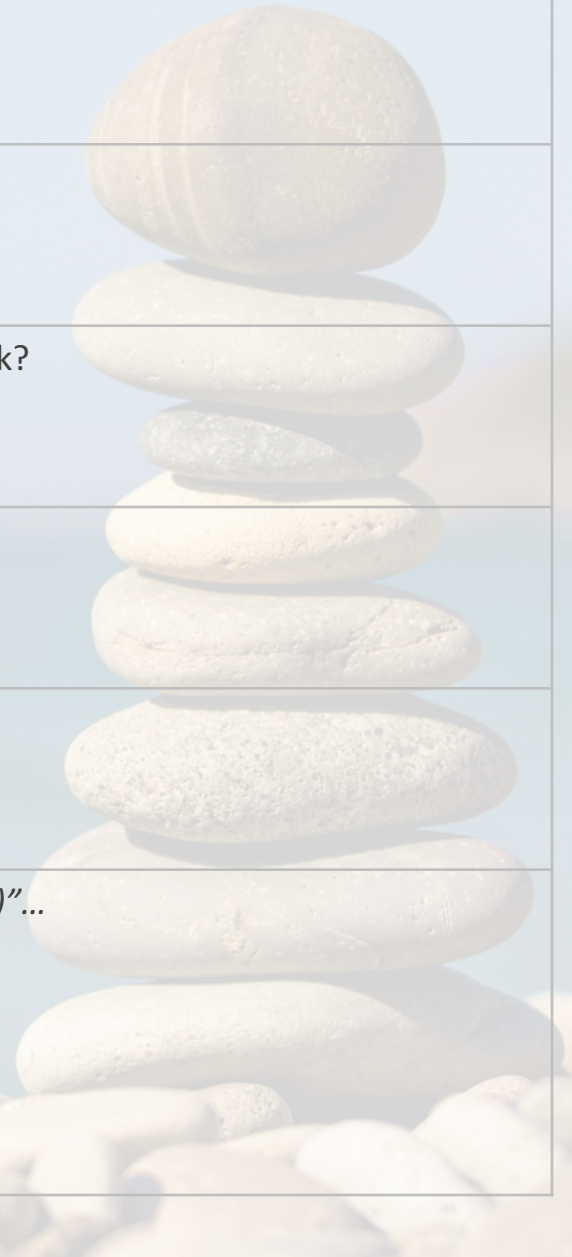
23. What can I say **yes** to that will help me achieve my intentions for 2020?

24. What can my support system do to help me stay organized, balanced and on-track?

25. Feeling organized and balanced FEELS like...

26. Feeling organized and balanced LOOKS like...

27. My 2020 mantra for staying in balance and in alignment is (*ex: "accept and let go"*)...



**"If you change the way you look at things,
the things you look at change."**

-Wayne Dyer

