



Setting New Year's Intentions

WITH CRYSTALS

How to set New Year's intentions with your crystals



1. Choose a crystal that suits you.

2. Cleanse your crystal with your favorite method.



3. Find a quiet spot without distractions.

4. Hold your crystal and recite intentions for the New Year.



5. Carry the crystal with you to strengthen the intention.



Crystal Intentions



Clear quartz

The amplifier of energy and intentions.

- I intend to lead by example.
- I intend to be aligned with my aspirations and intentions.



Rose quartz

A stone of universal love.

- I intend to love unconditionally.
- I intend to forgive others, and myself.



Amethyst

Protector, purifier, and healer.

- I intend to witness Divinity in everyone.
- I intend to be inspired daily.



Malachite

Brings balance, grounding, and transformation.

- I intend to stop taking things personally.
- I intend to follow my intuition.



Citrine

A stone of joy, abundance, and prosperity.

- I intend to be open to success and abundance.
- I intend to manifest happiness naturally.



Tourmaline

The ultimate protector.

- I intend to respond first and then react.
- I intend to release negative energy.



End Year's Questions

1. What is something you did that you will remember for the rest of your life?
2. What was a mistake you made and a lesson you learned because of it?
3. What was a new habit or routine you created that you now enjoy?
4. When was a moment you asked for help and glad you did so?
5. What bias did you become aware of?
6. What worked well that you are grateful for?
7. What moments made you feel true happiness?
8. What was an unnecessary "time-suck"?
9. What did you change your mind about this year?
10. What was a goal you followed up on? How did you find the motivation for it?
11. Where were my talents appreciated?
12. What did success look like? What did it feel like?
13. What was a happy surprise? Serendipitous change?
14. What made your life easier?
15. Who entered your life and made it significantly better?
16. How did you make someone's life better?





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For more information, check out our blog post:

[Setting Intentions for the New Year](#)

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