



# Hello New Year Dashboard



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## **OVERVIEW**

The start of a new calendar year is an ideal time to assess your plans for attaining what you desire to experience in your life. *The Hello New Year Dashboard* is a resource that will help you develop personal themes for the way you want your year to flow. The themes you choose will help you align your goals and intentions for the new year. Developing themes can help with decision-making. When you encounter dilemmas, you can review this dashboard to realign your actions with your intentions for the year.

Instead of setting New Year's resolutions, you can commit to only engaging in actions that align with your established themes. This process encourages self-reflection, essential to personal development and emotional health. After downloading the document, complete the seven dashboard sections on the following page. You can decide to print the document and write in your responses or save it to a digital device and complete it digitally.

### **1. FOCUS WORD:**

Take a moment to consider what you generally want to experience in your life this year. What word best describes how you want to grow, what you want to learn, or who you want to become?

### **2. YEAR:**

Write the current year in the space provided.

### **3. MANTRA:**

Consider the focus word you selected to guide your intentions this year. Write an encouraging statement that best describes what you want to experience this year.

### **4. INTENTION:**

What action and deliberate movement will you take to acquire your desires this year?

### **5. MOTIVATION:**

Consider the goals you have established for the new year. Why do you want what you want? How will attaining your desires impact you and those closest to you?

### **6. VIBE:**

Close your eyes and see yourself having everything you desire and living life as the best version of yourself. How does that feel to you? What emotion or quality best describes what you want to experience this year?

### **7. INSPIRATION:**

Use this space to add visual elements, such as images, scriptures, poems, song lyrics, or anything you can think of that will inspire you to action toward your desires when you think of it throughout the year.

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Date Completed:

<b>Focus Word</b> <i>(What do you want to Be, Do, or Have this year?)</i>	<b>Year</b> <i>(Write the current year?)</i>
<b>Mantra</b> <i>(Write an encouraging personal statement to guide your focus this year?)</i>	

<b>Intention</b> <i>(How will you get what you want?)</i>	<b>Motivation</b> <i>(Why do you want what you have decided to achieve?)</i>
<b>Vibe</b> <i>(What quality do you want to embody or exude?)</i>	<b>Inspiration</b> <i>( Write a scripture, quote, poem, or affirmation that inspires you?)</i>