Reflections & Intentions At the new year





Reflections. seeds of contemplations & freewriting...Consider mindfully, write freely. Guides for personal Awareness & Acknowledgement, Gifts & Gratitudes, Receive & Release, Clear & Carry.

What is a year? How do I measure & mark this span of life?

With gratitude, I acknowledge these sources of wisdom, growth, health & joy this year provided:

From the life experiences of this year, I receive:

As this year cycles out, I will release myself from:

And from within myself I will release:

From this year, what I will carry forward into my future is:





INCENTIONS. Seeds of contemplation & freewriting... Consider mindfully and write freely. Guides for personal Growth & Gains, Choices & Challenges, Evolution & Experience, Freedom & Future.

What is an intention? How do I define this concept for myself?

Over this year, what intentions did I fulfill?

What intentions did I set in the past which I no longer wish to carry?

What intentions did I set in the past that I will carry into the future?

At this point of life, and from experiences of this year, these new intentions are emerging:

I am aware that my intentions are undermined or not supported by:

I acknowledge that my intentions are nourished, nurtured, and supported by:



