

Intentions & Goals for the Coming Year



2021-2022 WORKBOOK

Welcome to your planning guide for the new year! Inside you'll find lots of prompts for reflecting on the year you're leaving behind, as well as guides for setting your intentions and goals for the upcoming year. A goal without a plan is just a wish, so this workbook will help you get everything written down and laid out. No more resolutions that only last a few weeks!

Where should I plan?

I suggest finding a space where you can have quiet and focus. I know this can be difficult, especially if you live with other people. But do what you can be undisturbed for a few hours! You're also welcome to do this over the course of a few days if that works better for you.

When should I plan?

Anytime around the end of the old year, or the beginning of the new one is fine! I know the last few weeks of the year can be busy with various holidays. So I set a goal to have my year planned out by mid-January, just so I can get started right away.

What should I have with me for planning?

- If you are a writing geek like I am, choose a pen that feels nice to write with! I use a few different colors to designate different areas of my life, or items I want to emphasize.
- For the planning section, I recommend using pencil or erasable ink, as you may want to make changes as you plot out the year ahead.
- A calendar with any holidays or work events that are important to you.
- A printed copy of this booklet (or a journal to copy questions if you don't have access to a printer).

I hope the upcoming year brings you peace and love!

Jenni

TABLE OF CONTENTS

SECTION 1 - GET IN THE MINDSET - PAGE 4

SECTION 2 - YEAR IN REVIEW - PAGE 5

Key Events - Page 6
Lessons Learned - Page 7
Career - Page 8
Family - Page 9
Friends & Romance - Page 10
Personal Development - Page 11
Finance - Page 12
Fun & Creativity - Page 13
Self-Care & Mental Health - Page 14
Physical Health & Wellness - Page 15
Overall Review - Page 16
2021 Summary - Page 17
Say Goodbye - Page 18

SECTION 3 - THE YEAR AHEAD - PAGE 19

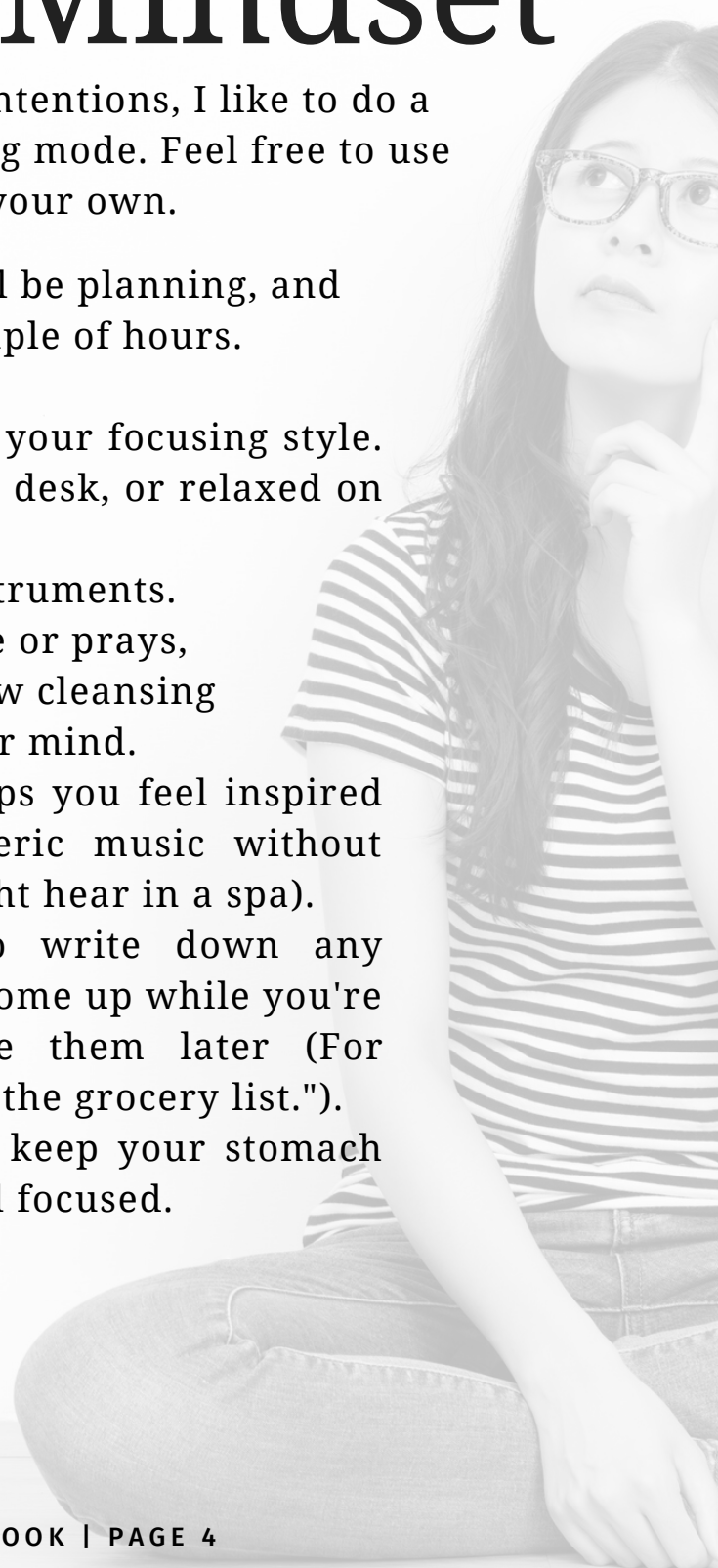
My Ideal Life - Page 20
Setting Goals & Intentions - Page 21
Career - Pages 22-23
Family - Pages 24-25
Friends & Romance - Pages 26-27
Personal Development - Pages 28-29
Finance - Pages 30-31
Fun & Creativity - Pages 32-33
Self-Care & Mental Health - Pages 34-35
Physical Health & Wellness - Pages 36-37
One-Year Goals - Pages 38-39
Long-Term Goals - Page 40
2022 Intentions - Page 41
Thank you - Page 42
Gift - Page 43

Section 1:

Get in the Mindset

When planning out my goals and intentions, I like to do a few things to get myself in planning mode. Feel free to use any and all of these... or to create your own.

- Let any housemates know you'll be planning, and to please give you space for couple of hours.
- Clear the space of clutter.
- Find somewhere to sit that fits your focusing style. Whether that's upright at clean desk, or relaxed on a comfy couch.
- Gather any favorite writing instruments.
- If you're a person who meditate or prays, spend some time doing so. A few cleansing breaths can also help clear your mind.
- Play relaxing music if that helps you feel inspired (I work best with atmospheric music without words, similar to what you might hear in a spa).
- Have a note pad nearby to write down any distracting thoughts that may come up while you're focusing, so you can handle them later (For example: "I need to add eggs to the grocery list.").
- Have snacks and beverages to keep your stomach happy, and your mind alert and focused.



A grayscale photograph of two women sitting at a table, smiling and looking at a photo album. The woman on the left is wearing a light-colored cardigan over a dark top. The woman on the right is wearing a striped button-down shirt and a watch. They are both looking down at the album, which is open on the table. A white cup is visible in the foreground. The background is softly blurred.

Section 2: Year in Review

Career

WHAT WERE YOUR BIGGEST ACCOMPLISHMENTS?

WHAT WORKED VERY WELL?

WHAT WORKED, BUT NEEDS IMPROVEMENT?

WHAT STEPS DID YOU TAKE TO ACCOMPLISH THEM?

WHAT METHODS OR MINDSETS WILL YOU LEAVE BEHIND?

WHAT WILL YOU DO DIFFERENTLY GIVEN THE LESSONS YOU'VE LEARNED?

Family

WHAT WERE YOUR BIGGEST ACCOMPLISHMENTS?

WHAT WORKED VERY WELL?

WHAT WORKED, BUT NEEDS IMPROVEMENT?

WHAT STEPS DID YOU TAKE TO ACCOMPLISH THEM?

WHAT METHODS OR MINDSETS WILL YOU LEAVE BEHIND?

WHAT WILL YOU DO DIFFERENTLY GIVEN THE LESSONS YOU'VE LEARNED?

Friends & Romance

WHAT WERE YOUR BIGGEST ACCOMPLISHMENTS?

WHAT WORKED VERY WELL?

WHAT WORKED, BUT NEEDS IMPROVEMENT?

WHAT STEPS DID YOU TAKE TO ACCOMPLISH THEM?

WHAT METHODS OR MINDSETS WILL YOU LEAVE BEHIND?

WHAT WILL YOU DO DIFFERENTLY GIVEN THE LESSONS YOU'VE LEARNED?

Personal Development

WHAT WERE YOUR BIGGEST ACCOMPLISHMENTS?

WHAT WORKED VERY WELL?

WHAT WORKED, BUT NEEDS IMPROVEMENT?

WHAT STEPS DID YOU TAKE TO ACCOMPLISH THEM?

WHAT METHODS OR MINDSETS WILL YOU LEAVE BEHIND?

WHAT WILL YOU DO DIFFERENTLY GIVEN THE LESSONS YOU'VE LEARNED?

Finance

WHAT WERE YOUR BIGGEST ACCOMPLISHMENTS?

WHAT WORKED VERY WELL?

WHAT WORKED, BUT NEEDS IMPROVEMENT?

WHAT STEPS DID YOU TAKE TO ACCOMPLISH THEM?

WHAT METHODS OR MINDSETS WILL YOU LEAVE BEHIND?

WHAT WILL YOU DO DIFFERENTLY GIVEN THE LESSONS YOU'VE LEARNED?

Fun & Creativity

WHAT WERE YOUR BIGGEST ACCOMPLISHMENTS?

WHAT WORKED VERY WELL?

WHAT WORKED, BUT NEEDS IMPROVEMENT?

WHAT STEPS DID YOU TAKE TO ACCOMPLISH THEM?

WHAT METHODS OR MINDSETS WILL YOU LEAVE BEHIND?

WHAT WILL YOU DO DIFFERENTLY GIVEN THE LESSONS YOU'VE LEARNED?

Self-Care & Mental Health

WHAT WERE YOUR BIGGEST ACCOMPLISHMENTS?

WHAT WORKED VERY WELL?

WHAT WORKED, BUT NEEDS IMPROVEMENT?

WHAT STEPS DID YOU TAKE TO ACCOMPLISH THEM?

WHAT METHODS OR MINDSETS WILL YOU LEAVE BEHIND?

WHAT WILL YOU DO DIFFERENTLY GIVEN THE LESSONS YOU'VE LEARNED?

Physical Health & Wellness

WHAT WERE YOUR BIGGEST ACCOMPLISHMENTS?

WHAT WORKED VERY WELL?

WHAT WORKED, BUT NEEDS IMPROVEMENT?

WHAT STEPS DID YOU TAKE TO ACCOMPLISH THEM?

WHAT METHODS OR MINDSETS WILL YOU LEAVE BEHIND?

WHAT WILL YOU DO DIFFERENTLY GIVEN THE LESSONS YOU'VE LEARNED?

SURVEY

2021 REVIEW

How would you rate each of the areas of your life in 2021?

SCALE

1 = Terrible

2 = Not Great

3 = Neutral

4 = Pretty Good

5 = Fantastic!

N/A = Does not apply to me

	1	2	3	4	5	N/A
Career	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends & Romance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal Development	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fun & Creativity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-Care & Mental Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Health & Wellness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which areas were lacking, and why?

Which areas excelled, and why?

Past Year Summary

Summarize this past year in three words:

What are the top three lessons you learned this past year?

List three ways you are proud of how you handled this past year:

Take a moment to list anyone you need to forgive (including yourself!) or situations you need to release:

Say Goodbye



Write a letter to this past year as if it was a person. Say goodbye, and release it. Thank it for the good things it has taught you. I recommend finishing with a few cleansing breaths and picturing yourself closing a door on the year, so you can begin with a fresh mindset.

[illegible]

Section 3: The Year Ahead

Planning 2022

Setting Goals & Intentions

Intentions allow us to state what we want to accomplish and where we want to go. Intentions are goals with a bit more emotional weight behind them, because we set them with clear guidelines and take time to envision them being successful.

Affirmations are positive phrases you can repeat to yourself in order to train your brain to view things differently. This then helps shape your new reality. The average person hears four negative comments for every positive one. So we want to overcome the negative bias by programming our brains with positive, growth mindset information. When writing an affirmation, use the present tense (as if it's already true) and "I" language. Also use positive phrasing. For example, instead of "I will not be messy," you might say, "I take a few minutes to clean my space every day." I recommend reading your affirmations out loud each day.

When setting goals, I recommend using SMART goals:

SMART Goals

Specific:	Don't be vague... list a lot of details!
Measurable:	Have an objective goal that can be measured in numbers, etc.
Accessible:	Is this goal something within your reach? Be realistic!
Relevant:	Does your goal line up with what you plan on learning through this journey?
Time-Based:	Time-Based: Give yourself a time goal of when you will have accomplished this goal!

Career Goals

WHAT IS ONE BIG GOAL FOR THIS AREA THIS YEAR?

HOW DO YOU WANT TO FEEL IN THIS AREA OF YOUR LIFE?

WHY DO YOU WANT IT?

TURN THAT FEELING INTO A SHORT INTENTION:

WHAT WILL YOUR REWARD BE WHEN YOU ACCOMPLISH IT?

WHAT STEPS WILL YOU NEED TO TAKE TO ACCOMPLISH YOUR GOAL? BE THOROUGH, AND DON'T WORRY ABOUT ORDER YET.

Career Goals

Choose the five most important steps from the previous page, and copy them below. Use the blanks with the # to put your steps in numerical order. Use the date blanks to set a due date for each step.

#_____ Due Date: _____

Step: _____

#_____ Due Date: _____

Step: _____

#_____ Due Date: _____

Step: _____

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Step: _____

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Step: _____

Family Goals

WHAT IS ONE BIG GOAL FOR THIS AREA THIS YEAR?

HOW DO YOU WANT TO FEEL IN THIS AREA OF YOUR LIFE?

WHY DO YOU WANT IT?

TURN THAT FEELING INTO A SHORT INTENTION:

WHAT WILL YOUR REWARD BE WHEN YOU ACCOMPLISH IT?

WHAT STEPS WILL YOU NEED TO TAKE TO ACCOMPLISH YOUR GOAL? BE THOROUGH, AND DON'T WORRY ABOUT ORDER YET.

Family Goals

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Step: _____

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Step: _____

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Step: _____

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Step: _____

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Step: _____

Friends & Romance Goals

WHAT IS ONE BIG GOAL FOR THIS AREA THIS YEAR?

HOW DO YOU WANT TO FEEL IN THIS AREA OF YOUR LIFE?

WHY DO YOU WANT IT?

TURN THAT FEELING INTO A SHORT INTENTION:

WHAT WILL YOUR REWARD BE WHEN YOU ACCOMPLISH IT?

WHAT STEPS WILL YOU NEED TO TAKE TO ACCOMPLISH YOUR GOAL? BE THOROUGH, AND DON'T WORRY ABOUT ORDER YET.

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Step: _____

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#_____ Due Date: _____

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Step: _____

#_____ Due Date: _____

Step: _____

Personal Development Goals

WHAT IS ONE BIG GOAL FOR THIS AREA THIS YEAR?

HOW DO YOU WANT TO FEEL IN THIS AREA OF YOUR LIFE?

WHY DO YOU WANT IT?

TURN THAT FEELING INTO A SHORT INTENTION:

WHAT WILL YOUR REWARD BE WHEN YOU ACCOMPLISH IT?

WHAT STEPS WILL YOU NEED TO TAKE TO ACCOMPLISH YOUR GOAL? BE THOROUGH, AND DON'T WORRY ABOUT ORDER YET.

Personal Development Goals

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Step: _____

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Step: _____

#_____ Due Date: _____

Step: _____

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Step: _____

#_____ Due Date: _____

Step: _____

Finance Goals

WHAT IS ONE BIG GOAL FOR THIS AREA THIS YEAR?

HOW DO YOU WANT TO FEEL IN THIS AREA OF YOUR LIFE?

WHY DO YOU WANT IT?

TURN THAT FEELING INTO A SHORT INTENTION:

WHAT WILL YOUR REWARD BE WHEN YOU ACCOMPLISH IT?

WHAT STEPS WILL YOU NEED TO TAKE TO ACCOMPLISH YOUR GOAL? BE THOROUGH, AND DON'T WORRY ABOUT ORDER YET.

Finance Goals

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Step: _____

Fun & Creativity Goals

WHAT IS ONE BIG GOAL FOR
THIS AREA THIS YEAR?

HOW DO YOU WANT TO FEEL
IN THIS AREA OF YOUR LIFE?

WHY DO YOU WANT IT?

TURN THAT FEELING INTO A
SHORT INTENTION:

WHAT WILL YOUR REWARD BE
WHEN YOU ACCOMPLISH IT?

WHAT STEPS WILL YOU NEED TO TAKE TO ACCOMPLISH YOUR GOAL?
BE THOROUGH, AND DON'T WORRY ABOUT ORDER YET.

Fun & Creativity Goals

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Step: _____

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Step: _____

#_____ Due Date: _____

Step: _____

Self-Care & Mental Health Goals

WHAT IS ONE BIG GOAL FOR
THIS AREA THIS YEAR?

HOW DO YOU WANT TO FEEL
IN THIS AREA OF YOUR LIFE?

WHY DO YOU WANT IT?

TURN THAT FEELING INTO A
SHORT INTENTION:

WHAT WILL YOUR REWARD BE
WHEN YOU ACCOMPLISH IT?

WHAT STEPS WILL YOU NEED TO TAKE TO ACCOMPLISH YOUR GOAL?
BE THOROUGH, AND DON'T WORRY ABOUT ORDER YET.

Self-Care & Mental Health Goals

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Step: _____

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Step: _____

#_____ Due Date: _____

Step: _____

#_____ Due Date: _____

Step: _____

#_____ Due Date: _____

Step: _____

Physical Health & Wellness Goals

WHAT IS ONE BIG GOAL FOR THIS AREA THIS YEAR?

HOW DO YOU WANT TO FEEL IN THIS AREA OF YOUR LIFE?

WHY DO YOU WANT IT?

TURN THAT FEELING INTO A SHORT INTENTION:

WHAT WILL YOUR REWARD BE WHEN YOU ACCOMPLISH IT?

WHAT STEPS WILL YOU NEED TO TAKE TO ACCOMPLISH YOUR GOAL? BE THOROUGH, AND DON'T WORRY ABOUT ORDER YET.

Physical Health & Wellness Goals

Choose the five most important steps from the previous page, and copy them below. Use the blanks with the # to put your steps in numerical order. Use the date blanks to set a due date for each step.

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Step: _____

#_____ Due Date: _____

Step: _____

#_____ Due Date: _____

Step: _____

#_____ Due Date: _____

Step: _____

#_____ Due Date: _____

Step: _____

One-Year Goals

Where do you want to see yourself in each area in one year?

CAREER

Goal:

What steps will you take to make it happen?

What habits will you add or remove?

FAMILY

Goal:

What steps will you take to make it happen?

What habits will you add or remove?

FRIENDS & ROMANCE

Goal:

What steps will you take to make it happen?

What habits will you add or remove?

PERSONAL DEVELOPMENT

Goal:

What steps will you take to make it happen?

What habits will you add or remove?

One-Year Goals

Where do you want to see yourself in each area in one year?

FINANCE

Goal:

What steps will you take to make it happen?

What habits will you add or remove?

FUN & CREATIVITY

Goal:

What steps will you take to make it happen?

What habits will you add or remove?

SELF-CARE & MENTAL HEALTH

Goal:

What steps will you take to make it happen?

What habits will you add or remove?

PHYSICAL HEALTH & WELLNESS

Goal:

What steps will you take to make it happen?

What habits will you add or remove?

Long-Term Goals

CAREER

5 years:

10 years:

20 years:

FAMILY

5 years:

10 years:

20 years:

FRIENDS & ROMANCE

5 years:

10 years:

20 years:

PERSONAL DEVELOPMENT

5 years:

10 years:

20 years:

FINANCE

5 years:

10 years:

20 years:

FUN & CREATIVITY

5 years:

10 years:

20 years:

SELF-CARE & MENTAL HEALTH

5 years:

10 years:

20 years:

PHYSICAL HEALTH & WELLNESS

5 years:

10 years:

20 years:

2022 Intentions

CHOOSE 3 WORDS THAT REPRESENT HOW YOU WANT THIS YEAR TO GO:

Word 1:

Word 2:

Word 3:

USE THOSE THREE WORDS TO GUIDE YOU IN SETTING AN INTENTION FOR THIS UPCOMING YEAR:

THANK YOU!

Thank you for taking the time to be intentional about your life. I hope you see even a glimmer of excitement for your future, after just this short exercise. I look forward to continuing your journey with you!

With love and excitement for what the future holds,

Jenni

Let's be social!



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/thejennioconnor



Ashes to Wings Podcast



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FREE GIFT!

- How would it feel to:
- Captivate a room with just your energy?
 - Reclaim your peace?
 - Love yourself as-is, in all of your glorious imperfection?

I would love to gift you a free coaching call! This Zoom meeting will be a custom-tailored coaching experience, and together we'll see how I can help guide you in your transformation journey.

Jenni O'Connor is a certified life coach and body-oriented coach. She is an insightful intuitive who holds space for people to dismantle their emotional armor; to give themselves permission to discover and empower their true selves.

Certifications:

Life Coach
Somatic Coach
NLP Practitioner
Reiki Master
Meditation Practitioner

BOOK YOUR CALL AT
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