

New Year's Reflection & Intention-Setting Worksheet



This is a wonderful way to set meaningful goals and align your aspirations with your values. Take your time and fill this out, leading with the heart. Stay centered and grounded in that heart space, with your true self, while answering these questions. Remember that the key to a successful reflection and intention-setting process is **honesty, self-compassion, and the willingness to adapt as circumstances change throughout the year.**

Here are some great questions to encourage deep reflection and intention setting. Use them as a guide to create a meaningful plan for the year ahead.:

- **Looking Back:**

- *What were your most significant achievements and milestones in the past year?*
- *What challenges did you face, and how did you overcome them?*
- *What did you learn about yourself in the past year?*

- **Gratitude:**

- *What are you most grateful for from the past year?*
- *Who are the people you are most grateful for, and why?*
- *What moments or experiences brought you the most joy?*

• **Giving Back and Contribution:**

- *In what ways do you want to give back or contribute to your community or causes you care about in the next year?*
- *How can you make a positive impact on others?*

One Word or Mantra:

- *Choose one word or a mantra that encapsulates your intentions for the year ahead.*

Accountability and Tracking:

- *How will you hold yourself accountable for your goals and intentions?*
- *Is there a person or people that you can partner with to stay accountable?*
- *What tools or methods will you use to track your progress throughout the year?*
