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?

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• 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?

 Self-Reflection: What aspects of your life do you feel most fulfilled in, and why? What aspects of your life do you feel the least satisfied with, and why? How would you describe your overall well-being? Emotionally, mentally, and physically?
 Values and Priorities: What are your core values, and how did you align with them in the past year? Are there any values or priorities you want to shift or focus on in the coming year?

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- What are your top goals or intentions for the coming year?
 - Personal, professional, health, relationships?
- Why are these goals important to you?
- How do you plan to work towards achieving these goals?

What are 1-3 steps you can take right away to work towards these goals?
 Obstacles and Strategies: What potential obstacles or challenges do you foresee in achieving your goals? What strategies or actions can you take to overcome these obstacles?

• Self-Care and Well-Being:

	ng 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?
0	How can you make a positive impact on others?
	Iord or Mantra: Choose one word or a mantra that encapsulates your intentions for the year ahead.
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	Intability and Tracking:
0	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?
0	What tools or methods will you use to track your progress throughout the year?

• Celebration and Reflection:

- What milestones or achievements will you celebrate along the way?
- How often will you pause to reflect on your progress and adjust your goals if needed?
- What else would you like to reflect on, improve upon, stop, start or continue this coming year?

What is really important to you right now and mo	oving into the new year?