

Sound, Mind and Bowl



Time to get your shit together

INTENTIONS & REFLECTIONS

WORKBOOK

Since 2018, I've been using this simple yet powerful method to review my year, reflect on my growth, and set clear intentions for the season ahead.

Every time, it has helped me reconnect with myself, gain clarity, and step into the new year with more purpose and alignment.

This workbook is designed to give you that same moment of pause — a chance to take a quick glance back at what shaped you, honour what you've moved through, and consciously choose what you want to carry forward.

Use these prompts to guide your reflections, your healing, and your manifestations. Take your time, be honest with yourself, and allow your answers to reveal what your soul is ready to step into next.

So grab a pen and a notebook!

Here's to a year of clarity, expansion, and alignment.



Small shifts every day create powerful change

End of year reflection

What were my biggest challenges this year?

What lessons did I learn that changed me?

What moments brought me the most joy?

What am I proud of myself for?

What did I release to create space for growth?

What felt meaningful to me this year?

What did I grow through this year?



Small shifts every day create powerful change

Self-Healing & Personal Growth

Which habits no longer serve who I am becoming?

Where do I feel most stuck or uninspired?

What small daily practices help me feel more like myself?

What does my nervous system need more of?

What made me feel my best?

What boundaries do I need to strengthen?

How will I care for my mind, body, and energy in 2026?



Your intention plants the seed; your action helps it bloom

Manifestation & Vision

What am I calling into my life in 2026?

Who am I becoming?

What opportunities do I want to attract?

How can I align my actions with my highest self?

What is one bold move I will make this year?

What does my ideal reality look and feel like?

How can I become more magnetic to what I desire?



This year, may you meet the version of yourself you've been manifesting

Goal Setting & Alignment

What are my top 5 intentions for 2026?

What do I want to experience more of this year?

What boundaries am I committing to?

Where do I want to be more consistent?

What do I need to prioritise to feel more balanced?

What habits will support the person I'm becoming?

What personal standards am I raising?



This is your year of expansion, clarity, and divine timing

Thank you for using this workbook as part of
your healing and manifestation journey.
Follow and connect with me across platforms:



@soundmindandbowl



The new year is a blank canvas — your energy is the paint