

Intentions Worksheet

Favorite Memories from Last Year

2

Things I am Thankful

5

WHAT LIMITING BELIEFS DO I NEED TO LET GO

→ _____

→ _____

→ _____

→ _____

→ _____

Places I'd Like to Visit

3

MY INTENTIONS FOR THE NEW YEAR

- Spiritual:
- Personal:
- Relational:
- Professional:
- Wellness
- Financial: