

# New-Year Reflection and Intention-Setting with Kate Phillips



Use the first 5 pages are reflection pages to help you complete last year (or last quarter). The remaining pages focus on helping you set goals and intentions in every area of your life.

**For best results:** Get out of your house and daily routine. Go somewhere beautiful where you can have uninterrupted time.

Shut down ALL distractions (No smart phone notifications and no internet needed!) It's structured as a "morning" and "afternoon" process, but of course do it how it works for you (same day, different days, etc.). Doing it with a friend or two is wonderful — but not necessary.

I highly recommend you put the Proactive Gratitude affirmations (next to last page) on a pretty piece of paper where you can SEE it and SAY it every day! Best yet, memorize your top 3-5 Proactive Gratitude intentions and repeat throughout the day. Share them with an accountability buddy and loved ones.

I also recommend keeping your "favorite memories" for the year somewhere where you can reflect on them years into the future.

## Make it your BEST YEAR YET!

# New Year Reflection and Intention-Setting

## Part One: Morning Reflection and Journaling

What went well in 2018? What were your wins, accomplishments, milestones, goals reached, etc.

What are you most proud of?

What were your challenges, disappointments, or losses?

What did you learn? What growth and lessons did the year bring?

What—and who—are you most grateful for?

What or who surprised you?

What would you like to let go of?  
(Energy, emotions, even people, if applicable)

Is there anything or anyone still to forgive?  
(It can help to write it down even if you're not ready to forgive)

**What do you want to never forget about last year—your favorite memories?**

These are usually different from the big “accomplishments”... they might be joyful moments, places, experiences... often sensory. Who were you with? What did you feel? What do you remember?

How would you characterize last year in a word, phrase or sentence?—

“It was ‘the year of... \_\_\_\_\_.’”

What would you like to say to last year?

What might the year (or your inner wisdom) have to say to you?

Any final thoughts or reflections?

Sometimes words don't really capture an experience... Feel free to illustrate the next page to represent what last year felt like to you.



## Part Two: Afternoon Intention-Setting

Now that you have completed the past... what do you most want for this next year?

If (when 😊 ) we re-gather or when you revisit one year (or quarter) from now, what would you most look forward to celebrating as you look back at this year?

What *habits* will help you fulfill your intentions?

What *structures, strategies* and/or *support systems* will support you in fulfilling your intentions? (Example: AA is a structure and a support system... as is a business mastermind group, joining a gym, hiring a personal trainer, committing to do a half-marathon with a friend.)

How will you love and care for yourself more deeply this year?

What will you no longer procrastinate on?

What will you say “yes” to this year?

What will you say “no” to this year?

Who will you rely on when challenges arise?

What can you be counted on for by those around you?

What can you trust and rely on *yourself* for?



**What specific goals and intentions do you have in any of these (or other) areas?**

You can also “rank” each on a scale of 1-10 to indicate areas you feel are strong or need some work.

\_\_\_\_\_ Significant relationships (Love relationship, immediate family)

\_\_\_\_\_ Friendships and social circle

\_\_\_\_\_ Health, fitness and well-being

\_\_\_\_\_ Work/career (Profession, studies or business)

\_\_\_\_\_ Finances and investments

\_\_\_\_\_ Creativity, recreation or hobbies

\_\_\_\_\_ Spiritual and emotional

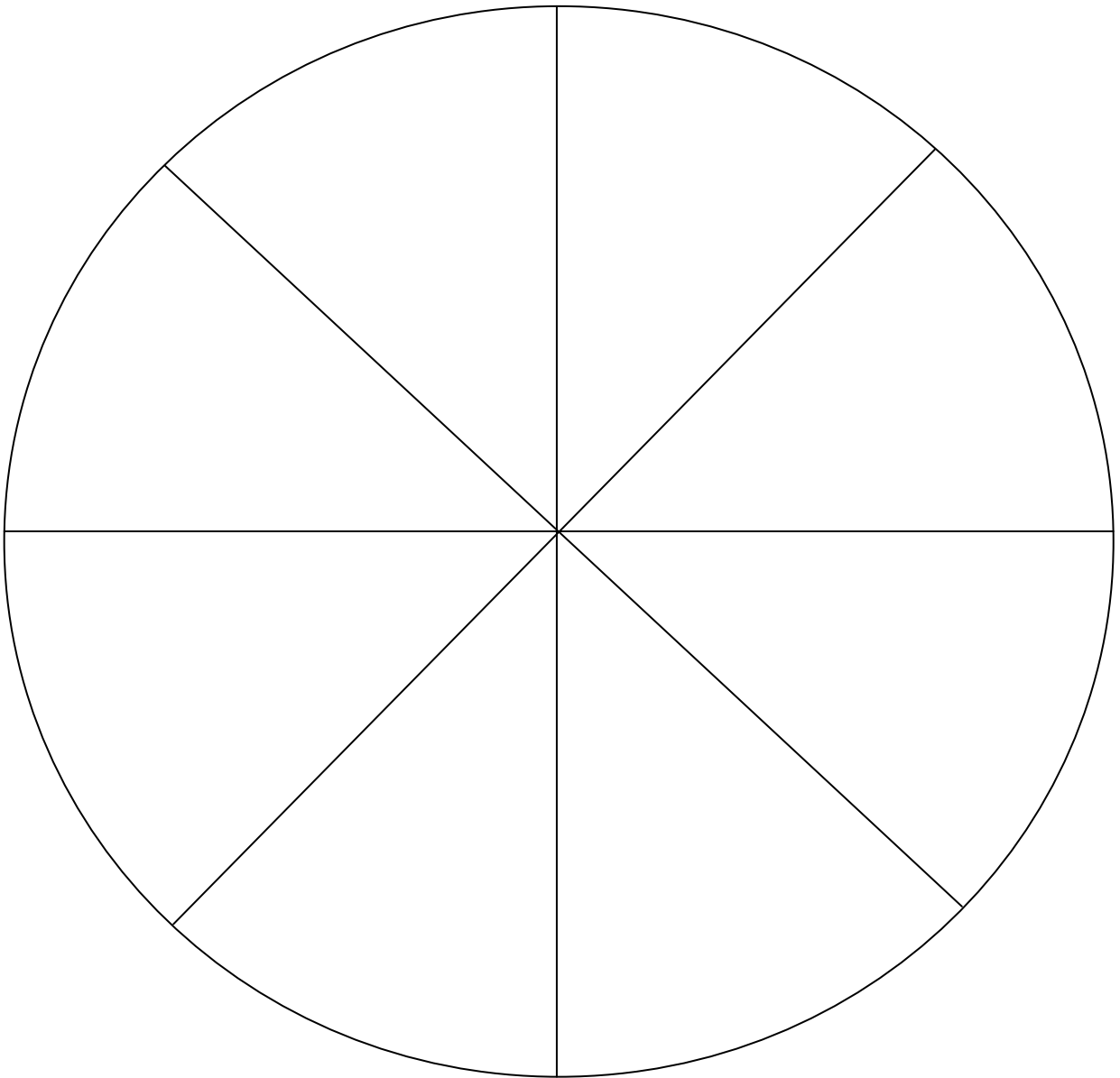
\_\_\_\_\_ Home and environment

\_\_\_\_\_ Community and contribution

\_\_\_\_\_ Travel or “bucket list”

\_\_\_\_\_ Other:

**You can color a “life wheel” with the categories that resonate with you. Where is your life off balance? What areas need attention? You can write in the categories, color the “pies,” color just to the “number” level, write in them or use how you like.**



## Intention-Setting/ Proactive Gratitude Worksheet

Category:	Goal: (concrete, measurable)
Your possibility/ Why it matters:	Habits, Actions, next steps
Anticipated Challenges	Support
Proactive Gratitude (“I’m so happy and thankful now that...”)	

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How will you celebrate intentions fulfilled/ accomplished goals?

Who will you celebrate with?

Who will keep you on track and accountable? (It may be different people in different areas)

Setting aside all fear, inertia, self-imposed limits, what's your big dream or secret wish... something you REALLY want but are almost afraid to admit it?

New Year's Theme: What word, phrase or sentence do you choose to guide you this year?

"This is the year of... \_\_\_\_\_."

What was your experience in completing this?

Is there anything else you wish to say?

List your proactive gratitude statements on the following page, then use the final blank page to draw or color what you want the New Year to look or feel like!

## **My New Year Intentions and Affirmations**

*I am so happy and thankful now that...*

