

# 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 someone else 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 them 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 next year your BEST YEAR!**

# New Year Reflection and Intention-Setting

## Part One: Morning Reflection and Journaling

2020 was a historic year, to say the least! It was difficult for many, but every person has their own unique experience of it.

How will YOU remember 2020? If you summarized it for someone who had just woken up from a coma, what stands out about it?

What would you like to acknowledge yourself for? What challenges did you rise to meet?

What went well in 2020? What were your wins, accomplishments, milestones, goals reached, etc.

What were your challenges, disappointments, and 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?**

These are usually different from the wins or accomplishments... they might be joyful moments, places, experiences... often sensory. Who were you with? What did you feel? What do you want to 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?

One year from now, when you look back at 2021, what do you most look forward to celebrating? Imagine what you will say to someone else as you reflect and celebrate.

What *habits* will help you fulfill your intentions?

What *structures, strategies or support systems* will help you fulfill your intentions? (Example: a structure and support system could be a business mastermind group, a personal fitness trainer, going to AA meetings, or finding an accountability buddy.)

What will you no longer procrastinate on?

What will you say “yes” to this year?

What will you say “no” to this year?

How will you love and care for yourself more deeply 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. 1 = needs a LOT of work. 10 = completely satisfied!

\_\_\_\_\_ 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

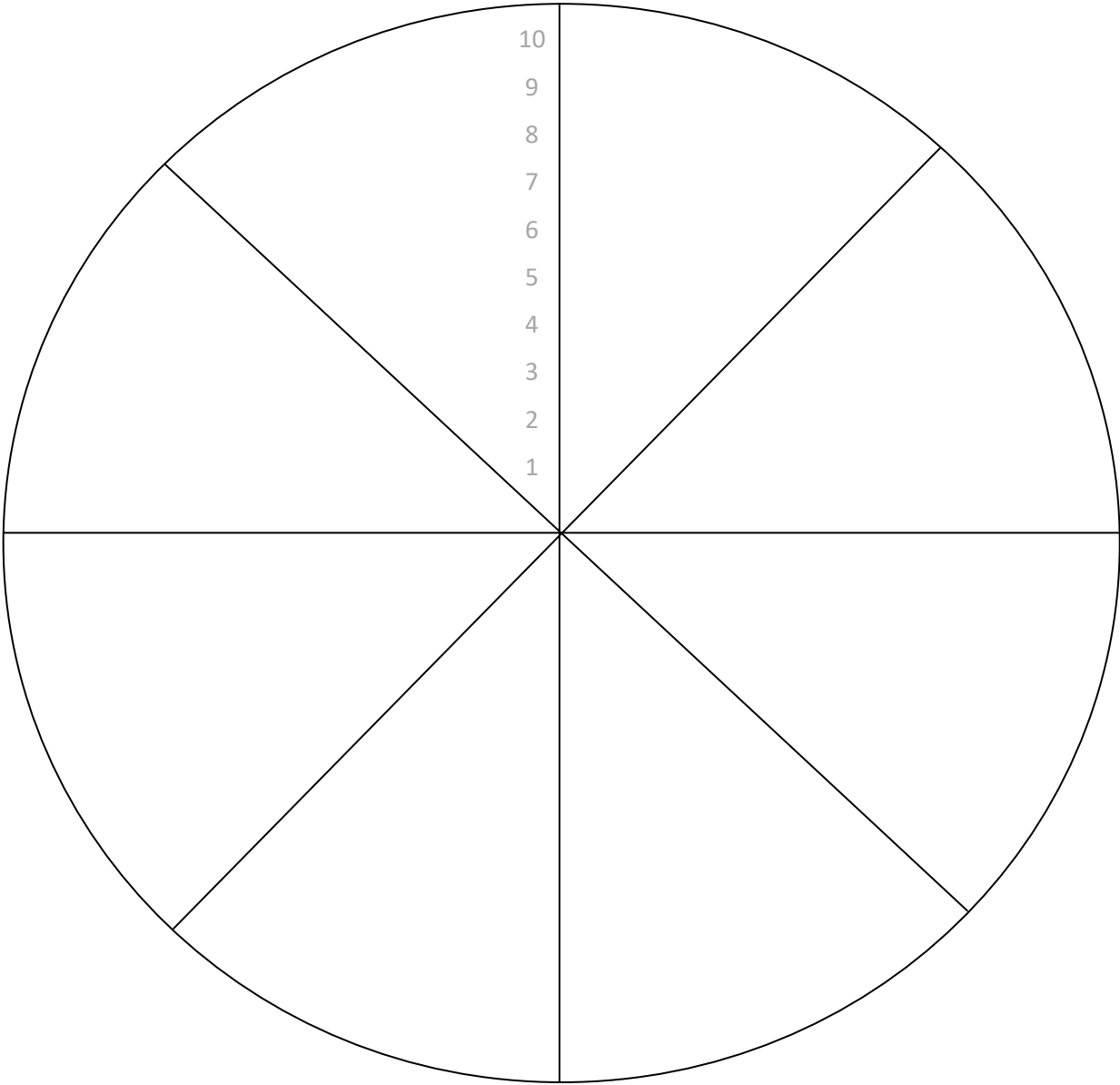
\_\_\_\_\_ Home and environment

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

\_\_\_\_\_ Travel or “bucket list”

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

Using the categories on the last page (or any other that resonates), you can color a “life wheel.” Where is your life off balance? What areas need attention? You can write in the categories, color the “pie slice” just to the “number” that represents your satisfaction level.



Use the following pages to create specific goals or intentions in each category (or just the ones you wish to focus on).

## Intention-Setting/ Proactive Gratitude Worksheet

Intention or goal:	Desired result:
Why it matters:	Anticipated challenges
Habits, actions, next steps:	Support or resources needed?
Proactive Gratitude (“I’m so happy and thankful now that...”)	

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How will you celebrate when intentions are fulfilled or goals accomplished?  
(Choose about 3 intentions/goals and imagine specifically how you will celebrate, including who you will celebrate with, if applicable.)

How will you stay on track and accountable in the process? (For example, you might have a coach or accountability buddy in some areas of life. Or you might use an app or a spreadsheet.)

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?

What is the ONE thing—the MOST important thing—you will focus on or accomplish the coming year?

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

“This is the year of... \_\_\_\_\_.”

What was your experience in completing this?

Is there anything else you wish to say?

On the following page, list your proactive gratitude statements. 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...*



