

New-Year Reflection and Intention-Setting with Kate Phillips



Prefer to view this in Google Docs? You can get a copy of the [Intention-Setting Guide here](#).

Use the first 5 pages are reflection pages to help you complete last year (or month, quarter, decade). The remaining pages focus will help you set goals and intentions in every area of 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 saving your "favorite memories" for the year somewhere where you can reflect on them years into the future.

Create a Life that INSPIRES You!

New Year Reflection and Intention-Setting

Part One: Morning Reflection and Journaling

How will you remember the year? What words or feelings does it evoke?

If you summarized it for someone you had not spoken to for a year, what would you say about it?

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

What went well last year? What were your wins, accomplishments, milestones and goals reached? (These may be goals intentionally reached or unexpected wins.)

What **challenges**, disappointments and losses did you encounter?

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 most?

What are you ready to **let go of**? (Energy, emotions, habits, regrets, even relationships, 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?**

Favorite memories are often 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?

What would you like to say to last year? (Yes, you can have a conversation with a year!)

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

Any final thoughts or reflections?

Is there anything you need to say or do to be “complete” with the year? (Take time to do that now, if possible.)

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 want *most*** for this next year?

What are your top-of-mind goals and intentions?

If you were granted **only 3 wishes** or fulfilled intentions, what would they be?

What **habits** will help you fulfill your intentions?

What **structures or support systems** will help you fulfill your top 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 others?

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

What **specific goals and intentions do you have in 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

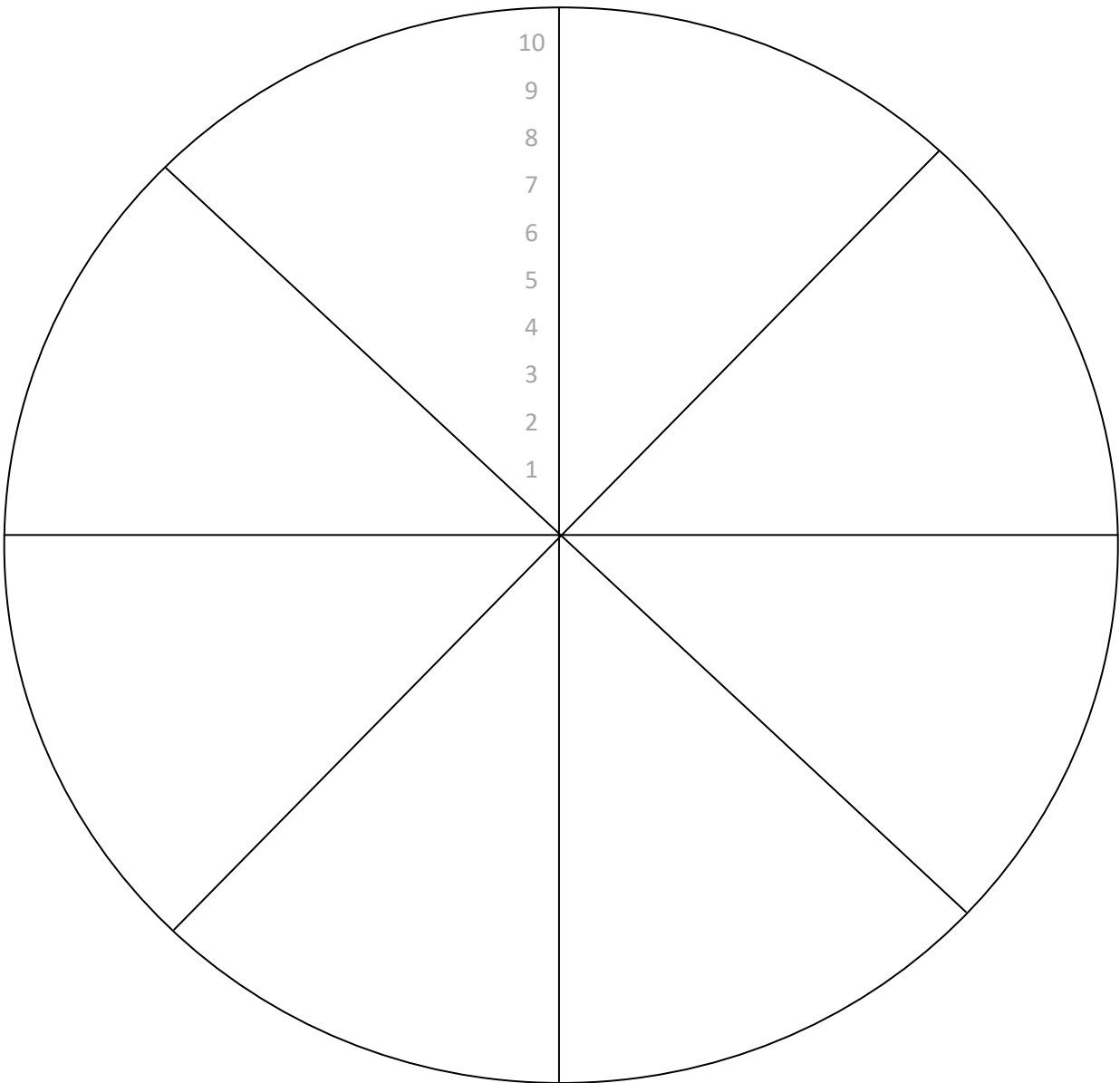
_____ Home and environment

_____ Community and contribution

_____ Travel or “bucket list”

_____ Other:

Use the categories on the previous page (or others that resonates) to **color a “life wheel.”** Where is your life off balance? What areas need attention? You can write in the categories and color the “pie slice” to the level that represents your satisfaction level.



Use the following pages to create **specific goals or intentions** for up to six categories. (You can do more, but focusing on 3-5 goals at a time is most effective.)

Intention-Setting/ **Proactive Gratitude** Worksheet

Intention or goal:	Desired result:
Why it matters:	Anticipated challenges
Habits, actions, next step:	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!)

What is the ONE thing—the **MOST important thing**—that is a “non-negotiable” for you accomplish the coming year?

Setting aside all fear, inertia, self-imposed limits, **what’s your BIG dream or secret wish?**
...Is there something you REALLY want but are almost afraid to admit—even to yourself?

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?

What did you discover... and what would you like to *acknowledge yourself* for?

Is there *anything else* you wish to say or do (now or later) to “complete” this intention-setting? (If there is something to do later, put it on your calendar now.)

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!

WooHoo! You did it!!! If you'd like to share about your experience, I'd love to hear!

Email me at kate@totalwealthcoaching.com.

My New Year Intentions and Affirmations

I am so happy and thankful now that...

