

# *new year* INTENTION SETTING

WRITE DOWN 1 THING YOU WERE *grateful* FOR EVERY MONTH IN 2020:

*january:*

*may:*

*september:*

*february:*

*june:*

*october:*

*march:*

*july:*

*november:*

*april:*

*august:*

*december:*

WHAT HAS BEEN THE MOST *challenging* THING FOR YOU THIS YEAR?

WHAT IS THE MOST IMPORTANT *lesson* YOU LEARNED IN 2020?

WHAT DO YOU *need* RIGHT NOW?

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WHO ARE YOU *grateful* FOR IN THIS MOMENT?

HOW DID THESE PEOPLE *support* YOU IN 2020?

WHAT DO YOU WANT TO *leave* BEHIND IN 2020?

WHAT IS ONE THING YOU ARE *manifesting* FOR 2021? (BE SPECIFIC)

WHAT SMALL THING CAN YOU DO *every day* TO HELP MANIFEST IT?