

# *Year in Review & Intention Setting*

## **Looking Back**

*Reflect on at least 3 obstacles you overcame in the last year. What lessons were learned and what qualities of character were strengthened as a result?*

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*Reflect on up to 3 challenges you are currently working on that you feel stand in the way of you moving forward on your path.*

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*Reflect on 3 positive shifts you made in the last year. Give yourself full credit for forward growth, even if they were just little steps (little steps add up to big changes in time)*

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*Name your three most powerful moments or special memories from the last year.*

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## Looking Forward

*Consider 3 intentions, goals, or desires you have for the next year.*

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*Now list 3 obstacles that you think might stand in the way of you manifesting your intentions and counter each of them with a creative solution.*

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*Name 3 qualities of character you want to cultivate this year to help you embody or manifest your intentions.*

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*Reflect on and name the desired outcomes, or feeling states, that you will experience having realized your intentions. Allow yourself to really feel each outcome in your body. Take your time with this part as the more you can visualize and feel where you are going the easier it is to get there.*

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