

CREATE YOUR INTENTIONS & GOALS

Reflecting on the last year

1. What was your biggest achievement?
2. What was your biggest loss?
3. What was the smartest decision you made?
4. What one word best sums up and describes your experience?
5. What was the greatest lesson you learned?
6. What are you most happy about completing?
7. Who were the three people that had the greatest impact on your life?
8. What was the biggest risk you took?
9. What was the biggest surprise?
10. What important relationship improved the most?

Creating the best next year

1. What would you like to be your biggest achievement in this new year?
2. What is the major effort you are planning to improve your financial situation?
3. What would you be most happy about completing?
4. What would you most like to change about yourself?
5. What are you looking forward to learning?
6. What do you think your biggest risk will be?
7. What about your work, are you most committed to changing and improving?
8. What brings you the most joy and how are you going to do or have more of that?
9. Who or what, other than yourself, are you most committed to loving and serving?
10. What one word would you like to have as your theme?