

# Intention Setting

## 1. Reflection

*Looking back at 2024...*

What went well?

What didn't go well?

What did you learn?

What do you want to leave behind in 2024?

What do you want to keep in 2025?

## 2. Gratitude

*50 things I'm grateful for are...*

1.		26.	
2.		27.	
3.		28.	
4.		29.	
5.		30.	
6.		31.	
7.		32.	
8.		33.	
9.		34.	
10.		35.	
11.		36.	
12.		37.	
13.		38.	
14.		39.	
15.		40.	
16.		41.	
17.		42.	
18.		43.	
19.		44.	
20.		45.	
21.		46.	
22.		47.	
23.		48.	
24.		49.	
25.		50.	

### 3. Looking Forward

*Pretend it's Dec 31, 2025... What happened in 2025? How do you feel?*

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Use that vision to guide your intentions. What do you want to come to fruition in 2025?

<u>Relationships</u>	<u>Health</u>	<u>Career</u>
<u>Financial</u>	<u>Milestones/Memories you want to have</u>	<u>Other</u>

Based on this, what is ONE word you'd like to guide you in 2025?

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