

# Setting your Intentions for the year ahead

Through this workbook you will look at the importance reflecting, self-care and goal setting play in your life. With a simple step by step question and answer process to get your set up to succeed for the year ahead.

*“When you have clarity of intention, the universe conspires to make it happen”*

*Fabienne Fredrickson*

## Reflection

Spending time reflecting is a vital part of growth and development. Not only does it show us just how far we have come, but it also provides an insight into our own lives. Teaching us important lessons. Showing us what works and what needs to change. It is also a chance to celebrate.

## Self Care

Self-care is incredibly important when it comes to succeeding and achieving your goals. Somewhere along the way we have been taught that putting ourselves first is selfish. I call B.S, it is finding the balance in your life. If you spend your whole life caring for others, then it is no wonder who become lost in knowing who we are. Our relationship with ourselves should be our number 1 relationship.

## Goal Setting

Now you have spent time reflecting and getting clear about what self-care looks like to you. Let's get you set up for setting clear goals. When you initially start goal setting it can seem overwhelming and intimidating. For most people, this is not first nature. However, like everything it takes practice. Through this process, you will not only feel empowered but also inspired to take action.

# Reflection

Biggest lesson learnt of 2020?

What did I learn about myself this year?

What do I need to let go of going into 2021?

My top 3 accomplishments:

- 1.
- 2.
- 3.

Habits I want to keep in 2021?

What am I grateful for from 2020?

What made you proud of yourself this year?

What was your lowest moment of 2020, but what did it teach you?

What would you have done differently this year?

Favourite moment/highlight of 2020?

# Self Care

Self-care is incredibly important. The relationship we have with ourselves shapes the relationships we have with others.

“It’s not selfish to love yourself, take care of yourself, and to make your happiness a priority. It’s necessary” Mandy Hale

What brings you joy?

What makes your body come alive?

What energises you?

What drains you?

What inspires you?

What makes you feel empowered?

List 5 things that help you hit reset button:

1.

2.

3.

4.

5.

# Goal Setting for Twenty Twenty One

## Word for 2021

A word can help keep us grounded and bring us back to what is important, to keep us focussed

## Goal Statement

This summarises in a concise sentence what you aim to achieve.

Note: You want to write this as if you have already achieved it. IE I have a healthy lifestyle.

## Get Clear

Describe what the moment looks like once you have achieved this goal. What do you look like, feel like? What sounds are around you? What is going on?

## Importance

What will this mean to you once you have achieved it? Why is it important to you? How long have you had this goal?

How will you know once you have achieved it?

How will you celebrate?

It is important to celebrate your achievements, no matter how small or big. It is a huge accomplishment and one you should be proud of.

# Goal Setting...Cont

## Road Map

Using this roadmap breakdown what steps would be required in order to succeed.  
Hint: Working backwards allows you to break this down with ease.



# Goal Setting...Cont

## Obstacles

What has prevented you from achieving this in the past? What could stand in your way?

## Accountability

How will you ensure you stay on track?

## Resources?

What resources do you have available to you? This may include family, friends, podcasts, online materials, professional?

“The only person who is truly holding you back is you. No more excuses, it’s time to change. It’s time to live life at a new level”

*Tony Robbins*