



EXPLORE YOUR QUESTIONS



Create your *Intention* for the New Year

<p>Do resolutions actually work?</p> <p>Do you remember your resolution from this past year?</p> <p>How long did you sustain your efforts in working towards it?</p> <p>How many resolutions have you successfully kept over the past 5-10 years?</p>	<p>Why Haven't Your Resolutions Worked?</p> <p><input type="checkbox"/> I made too many</p> <p><input type="checkbox"/> I set unrealistic goals</p> <p><input type="checkbox"/> I didn't keep track of my progress</p> <p><input type="checkbox"/> I forgot about them</p> <p><input type="checkbox"/> <i>They weren't what I really wanted</i></p>	<p>Who Would I Be Without Resolutions? <i>(Think about your MUSTS)</i></p> <p>What do you want most?</p> <p>What's holding you back from going after it?</p> <p>What would support you in pursuing your dreams?</p>
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<p><u>Choose Your Theme/Intention:</u></p> <p><i>Keep it simple, just a word or two. Make sure it reflects your values</i></p>	<p><u>Find Your Focus:</u></p> <p><i>Choose up to three areas in your life that reflect your priorities</i></p>	<p><u>Create Your Space:</u></p> <p><i>Decide how much time you'll make to connect with what truly matters to you.</i></p>	<p><u>Commit to Check In:</u></p> <p><i>Set regular reminders to think about how your theme and focus intersect.</i></p>
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What theme is calling me this year?	What priorities in my life need the most attention?	Where can I create the tiniest bit of space to focus on my Intention?	When will I check-in, and how will I remind myself?