

WORKSHEET

New Year's Intention

The new year is an opportunity to set goals (what we'll achieve) and intentions (how we'll be) for 2023. Unlike a goal, an intention isn't linear—there's no map, milestones or metrics—it's a practice. Your intention goes where you go, meeting each conversation or situation with the noble quality you've chosen. The right intention can be more transformative than any goal. So, what's yours?

LISTEN: [SETTING A POWERFUL NEW YEAR INTENTION](#) (audio guidance)

1 REFLECTION Thinking back over the past year...

My 3 greatest successes were:

3 qualities that made these successes possible:

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2 ANTICIPATION Looking ahead to the next year...

3 meaningful challenges or goals will be:

3 qualities I will need to meet these challenges:

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3 FOUNDATION Grounding myself in what matters most...

When I'm with people I care about, I feel:

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When I'm doing great work, I feel:

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When I'm taking care of myself, I feel:

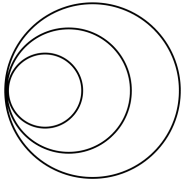
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Qualities I admire most in others:

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Qualities I require of my friends:

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4 PROJECTION Firing up my imagination...

Time for some time travel. Imagine it's one year from now, the very end of 2023. You are reflecting back on a deeply fulfilling year, one of the most rewarding of your life.

What did you prioritize?

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What did you make time for?

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Who did you spend your time with?

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What did you create or achieve?

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What are you proudest of?

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How does it feel?

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And now, most importantly:

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How did you show up?

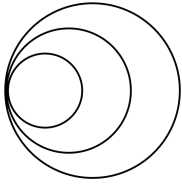
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What shifted in you?

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What made the difference?

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5 SELECTION Choosing my intention...

Good work. Now let's focus in on your intention.

This will be your guiding principle, the north star you use to make decisions, craft strategies and create new habits this year. You'll want to choose something that feels:

important	+	inspiring	+	energizing
supports my goals		focuses me on what's possible		motivates me

With that in mind, look over the first two pages. Circle words that feel important, inspiring and energizing. Then choose the three most resonant words and write them here.

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Which of these most embodies the quality, approach and spirit you want to bring to the next year of your life? Which one fits this particular moment? Which one rings like a bell?

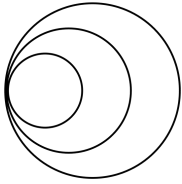
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YES. That's it.

Now, a formality. If that beautiful word isn't already a noun, make it so. For example:

patient → patience
 kind → kindness
 doing what I say I'll do → integrity
 getting stronger → strength

You get the idea.



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INTENTION My 2023 intention is...

Tips for Intentional Practice

REMINDERS

Write your intention down and post it in places you'll see it. Make it your computer password. Tie a string around your wrist.

RESEARCH

Study up on the origins of this word/quality. What is the science around it? Who writes about it? How is it cultivated?

ROADMAP

Ok, I did say there's no map, but you can still plan for how your intention will show up in various areas of life: health, work, community, finances, time, etc. Plan ahead for big moments too.

RELATIONSHIPS

Tell your special people about it and look for big and small ways to apply it in key relationships with family, friends and colleagues.

REBOUND

You won't always act with this intention. That's why it's a practice. Take a deep breath, give yourself a break and try again.

REFLECT

Start a journal. Set time weekly/monthly to recognize this intention at play. Notice big moments and celebrate progress... this helps your intention gain momentum.

Wishing you an intentional year.

Kristen