

2022 Intentions Worksheet

Are you aware of new priorities because of changes that occurred in your life in 2021?

If yes, which of these would you like to keep in 2022?

Write out as many experiences, objects, and words as you can that will inspire and energize you for this year.

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What is one word or phrase from this list to sustain you throughout 2022?

As you reflect on 2021, what do you want to hold onto as a memory of your year, your growth and/ or yourself?

Fast forward to December 2022, as you reflect on the past months, what do you want to hold onto as a memory of your year, your growth and/ or yourself?
