



NEW INTENTIONS THAT DON'T BITE.

An alternative way to land in the new year

LETS RELEASE,
REMEMBER
AND DREAM.



THIS IS YOUR WORKSHEET

You can print out these sheets, fill them in digitally, or simply find a journal that you can write your reflections in.

In the session, I'll be guiding you through this powerful process.

There will be guided meditations and visualisations to help you connect to your experiences, the chance to reflect and fill out the worksheet and time to connect deeply to your new intentions.

Time to release: Let it Go

Give yourself permission to acknowledge and accept the challenges you faced last year. Write down your top 4 challenges and then write down 3 things that each one taught you.

CHALLENGE 1:

TEACHINGS:

- 1 _____
- 2 _____
- 3 _____

CHALLENGE 2:

TEACHINGS:

- 1 _____
- 2 _____
- 3 _____

Be.

CHALLENGE 3:

TEACHINGS:

- 1 _____
- 2 _____
- 3 _____

CHALLENGE 4:

TEACHINGS:

- 1 _____
- 2 _____
- 3 _____



To let go does not mean to get rid of. To let go means to let be. When we let be with compassion, things come and go on their own. - JACK KORNFIELD

Time to remember: Celebrate You!

Let your inner cheerleader come out to play! Allow yourself to dig deep to find your successes.

WORK/EDUCATION

1

2

3

RELATIONSHIPS

1

2

3

Be.

FUN/LEISURE

1

2

3

PERSONAL GROWTH/HEALTH

1

2

3



The more you praise and celebrate your life, the more there is to celebrate.

- OPRAH WINFREY

Time to Dream: Craft your Future

Now it's time to look ahead and allow your imagination to build the future you want. Just focus on WHAT and WHY you want to create, rather than thinking too hard about HOW or WHEN.

WORK/EDUCATION

1

2

3

RELATIONSHIPS

1

2

3

Be.

FUN/LEISURE

1

2

3

PERSONAL GROWTH/HEALTH

1

2

3



You create your thoughts, your thoughts create your intentions, and your intentions create your reality. - **DR. WAYNE DYER**

Your Reflections



A large rectangular area enclosed by a dark green border, containing 20 horizontal lines for writing reflections.