



## INTENTION SETTING MEDITATION FOR THE NEW YEAR

- What were your favorite memories from this past year?

---

---

---

---

- What are some achievements in your work life or personal life that you are proud of? Take a moment to truly celebrate yourself and all you've done.

---

---

---

---

- List as many things as you can think of that you are grateful for, both small and big.

---

---

---

---

- Not everything is rainbows and butterflies! Think for a moment about the challenges from the past year. Now consider what were the learnings that arose from those challenges?

---

---

---

---

- What is going really well in your life? What brings you so much joy? These are things you want to continue to prioritize this next year.

---

---

---

---

**HEAD TO [OLIVEYOUWHOLE.COM](https://www.oliveyouwhole.com) FOR MORE!**



### INTENTION SETTING MEDITATION FOR THE NEW YEAR

- If you were given a magic wand and could make ANYTHING happen in your life in the new year, what would those three things be?

---

---

---

---

- Think again of those 3 things you want to happen in the new year. Now think about where you are in those 3 areas of your life. What needs to happen between where you are and where you want to be? What is within your control to make that happen?

---

---

---

---

- Who would you need to become in order for those things to be true?

---

---

---

---

- Is there anything you need to give up or let go of to make space for these new things in your life?

---

---

---

---

- How do you want to FEEL this next year? This can be physically, emotionally, or both.

---

---

---

---

**HEAD TO [OLIVEYOUWHOLE.COM](https://www.oliveyouwhole.com) FOR MORE!**



### INTENTION SETTING MEDITATION FOR THE NEW YEAR

- Take a moment to look back and narrow down everything you've written about the next year into ONE intention.

---

---

---

---

- If you're a word of the year kind of person, now narrow down that one intention into a single word for this new year.

---

*my word of the year is:*

A large, empty rectangular box with a thick, yellow-green border, intended for the user to write their word of the year.