

Holiday Reflection & *New Year Intention*



Use this worksheet to gently reflect on the past year and set intentions for the one ahead. Take your time and write whatever comes to mind. There are no right or wrong answers.

1. What brought you a sense of joy or warmth this year?

Write a few moments, memories, or experiences that lifted your spirit.

2. What are you ready to release or set down?

Consider worries, habits, or stories that no longer serve you.

3. What do you want to carry with you into the new year?

Name values, relationships, practices, or insights worth bringing forward.

4. How do you want to feel in the new year?

Choose one or two feelings you'd like to cultivate.

5. Who are you becoming?

Reflect on the truest version of yourself and how you can honor that more fully.