



# HAPPY NEW YEAR! TIME TO REFLECT, ASK YOURSELF SOME QUESTIONS & SET GOALS!

- WHAT WENT WELL IN 2019? WHAT WERE SOME SUCCESSES AND THINGS THAT MADE YOU PROUD?
- WHAT DIDN'T GO SO WELL?
- WHAT NEEDS TO CHANGE?
- WHAT NO LONGER SERVES YOU?
- WHAT DO YOU WANT THE YEAR TO LOOK LIKE? HOW WOULD IT LOOK IN YOUR WILDEST DREAMS?
- WHAT IS MOST IMPORTANT THIS YEAR?
- WHAT DO YOU PROMISE YOURSELF FOR THIS NEXT YEAR?
- SOMETHING IS JUST BEGINNING. WHAT IS IT?
- DOES ONE WORD COME TO MIND THAT COULD HELP SET YOUR INTENTION FOR THE YEAR?

## SOME DAY-TO-DAY QUESTIONS / CHECK-INS WITH YOURSELF

- WHAT IS YOUR INTENTION FOR TODAY?
  - DO YOU FEEL INSPIRED TODAY? IF NOT, WHAT'S ONE THING YOU CAN DO TO CHANGE THAT?
  - WHAT DID YOU ALMOST NOT NOTICE ABOUT TODAY?
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