

Annual intentions Guide by Rachael Millsom

Every year has something new to offer us, something to teach us, something for us to give of ourselves. Giving yourself a theme for the year as well as intentions will help guide your year more towards the directions and growth that you want.

My Theme for this year - (*think about how you want to grow this year / feelings you would like to experience*):

My Intentions for the year 202_

Spend some time reflecting on each of these areas of your life and write down one or two things in each area that you would like to work on over the year ahead.

Relationships - with yourself and others

Mental / Education - what do you want to learn? study? read? What can you do that will be beneficial for your mind?

Physical - your physical self (health, wellbeing, fitness) as well as the physical spaces around you - your home, garden, local area.

Career / work / purpose - what can you do to make work life more enjoyable? what do you feel called to do more of?

Hobbies / Leisure - what adventures would you like to have, what grounding / calming activity do you love to spend time doing (e.g. creative pursuit, gardening)

Spiritual Practice / Service - what do you do that connects you to something bigger than you / how do you give back to the world?

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Finances - what is your relationship to money like? How does / can money support you in your life / hobbies / purpose / work, to enable you to benefit the world around you. . Is there anything around this you would like to improve / change?

My top intentions for 202_

Choose 3 intentions, one for each of the area below that will be your priorities for 2020. Make sure each intention is specific and next to each write why you would like to achieve it (e.g. because I will feel / it will allow me to) .

1. Personal Intention (this intention could be relationship based, spiritually based or be around an area you would like to personally grow or develop in yourself)

2. Wellbeing Intention (e.g. an intention around your health, physical or leisure areas of your life)

3. Purpose Intention (this intention is around your work or whatever sustains you and gives you purpose in the world)

Decide how you will keep these intentions in your mind. Will you put this somewhere you will read it regularly? write your top intentions down and put them on the fridge?