

INTENTIONS FOR THE NEW YEAR

In this journal page, take time to reflect on the fullness of the past year and the potential of the new.

Keep: What are the gifts from the past year that you are carrying along with you?

Release: What do you need to shed to transform into your best self?

Search: What are the goals and clarity you are seeking for yourself?

Find: Where will you find the joy in (almost) everyday?

Keeping...

- 1.
- 2.
- 3.

Releasing...

- 1.
- 2.
- 3.



Searching For...

- 1.
- 2.
- 3.