



## **NEW YEAR INTENTIONS INSPIRATIONS**

**Looking Back over 2018:**

**How well do you feel you did in these areas in 2018?**

**Purpose /10**

**Health /10**

**Relationships /10**

**Time with Family /10**

**Wealth /10**

**Social life /10**

**Work life balance /10**

**Travelling and experiences /10**

**Contribution /10**

**Fun Hobbies /10**

**Total = /100**

**What scored highest?**

**What scored lowest?**

**What would you like to give more focus next year?**

**What was your most important accomplishment in 2018 and why?**

**What was your biggest lesson in 2018 and why was that important?**



## **NEW YEAR INTENTIONS INSPIRATIONS**

**Looking Forward to 2019 and beyond:**

**What would you love to have created at the end of your lifetime? (Don't hold back: Dream Big!)**

**What would you love to create in the next 5 yrs?**

**What would you love to create in 2019?**

**Now reread everything from page 1 & 2, close your eyes, and visualise the next steps.**

**What are you ready to let go of in 2019?**

**Where would you love to put more attention on 2019?**

**What new hobby(ies) will you commit to?**

**What holidays will you take?**

**How will you work towards your longer term goals?**

**What/how can you give back?**

**How will you hold yourself accountable to these resolutions?**