

My Intentions for 2018

Reflect. Be grateful. Connect. Create.

NAME: _____

DATE: _____

SETTING THE SCENE

Find some time alone

Make yourself a cup of herbal tea

Light a candle

Play some relaxing and inspiring music

Sit in a comfortable chair in a quiet space

Reflect on 2017

Consider different aspects of your life

work, personal life, relationships (family, friends, colleagues, community etc.)

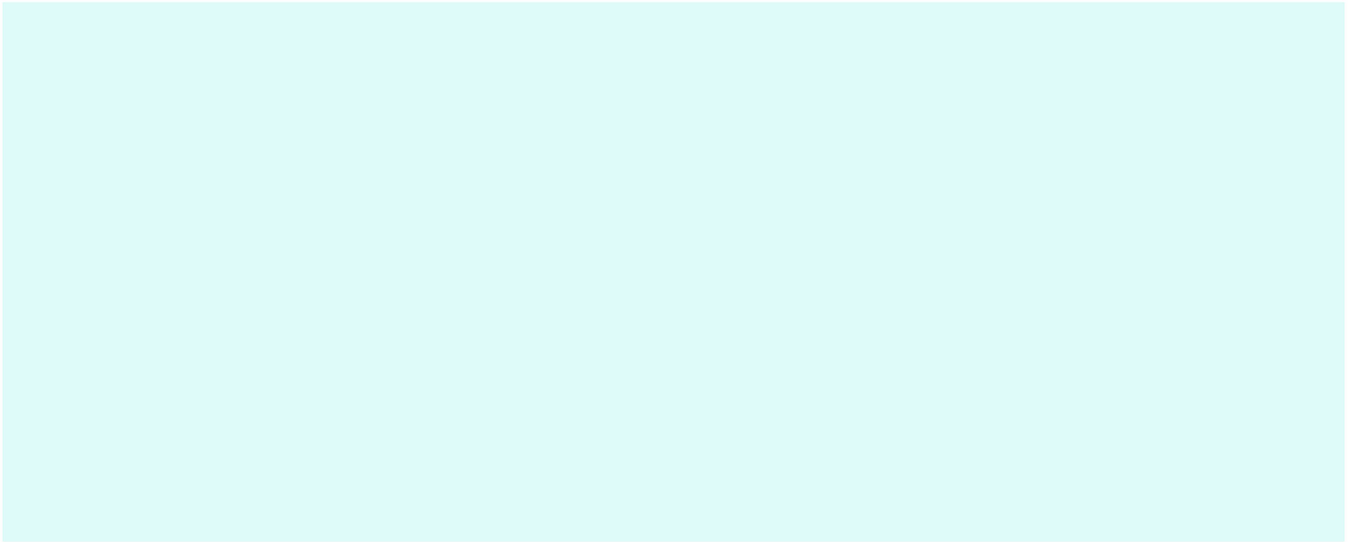
personal development (studies, training, learning new skills, reading, CPD etc.)

health and fitness and reflect on...

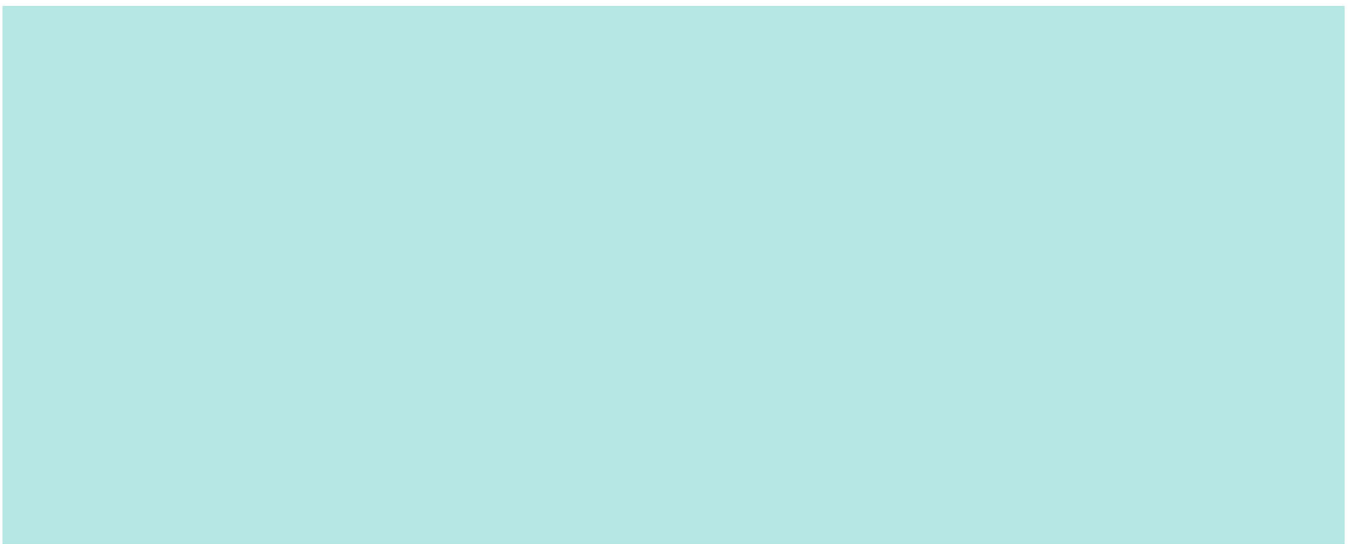
What went well and why

What was challenging and why

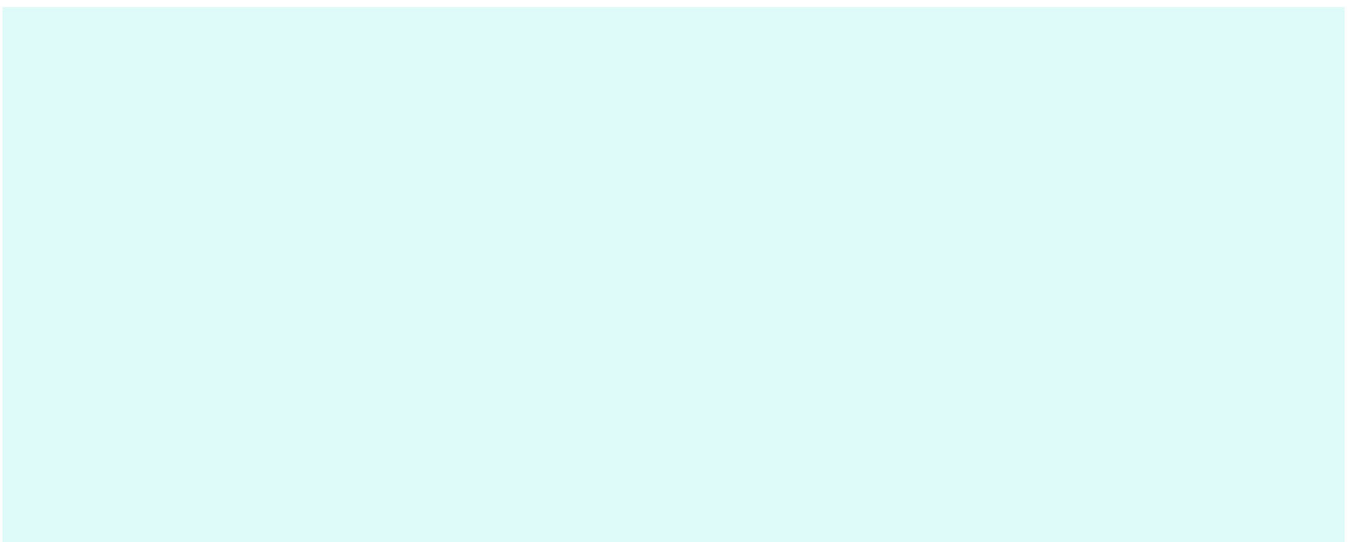
What I wanted to do and wasn't able to and why



What I really enjoyed doing

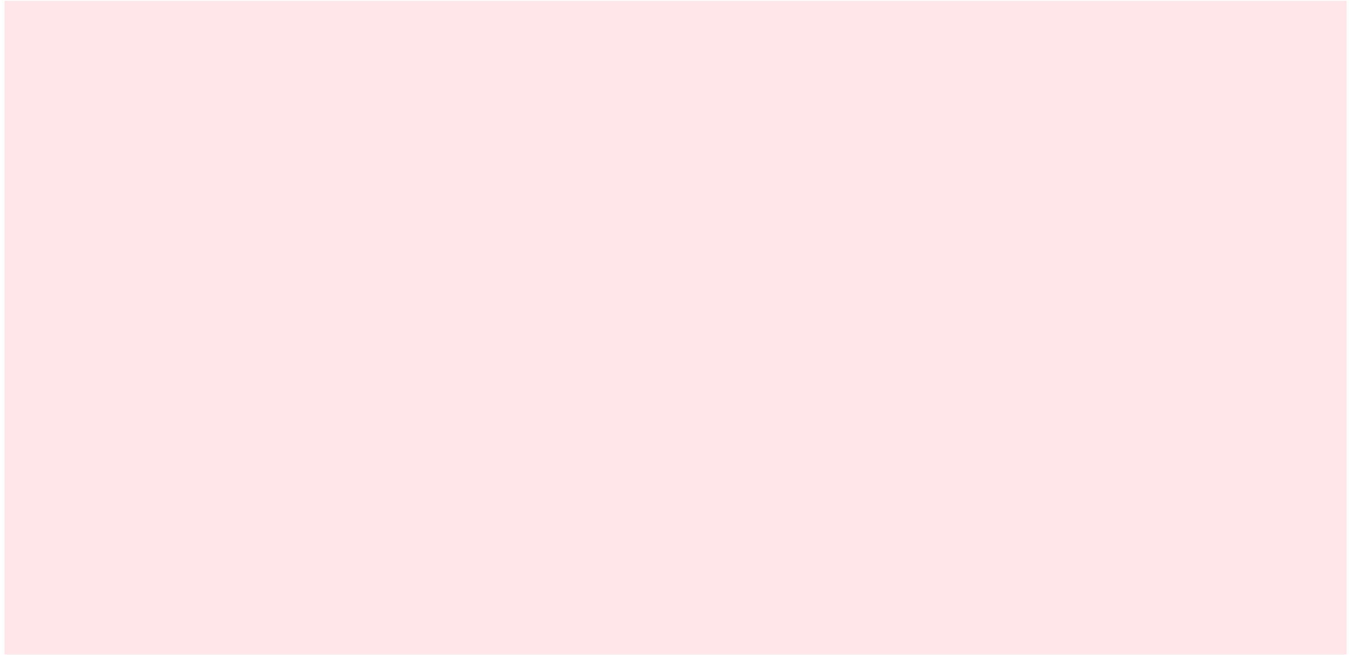


What I really didn't like doing

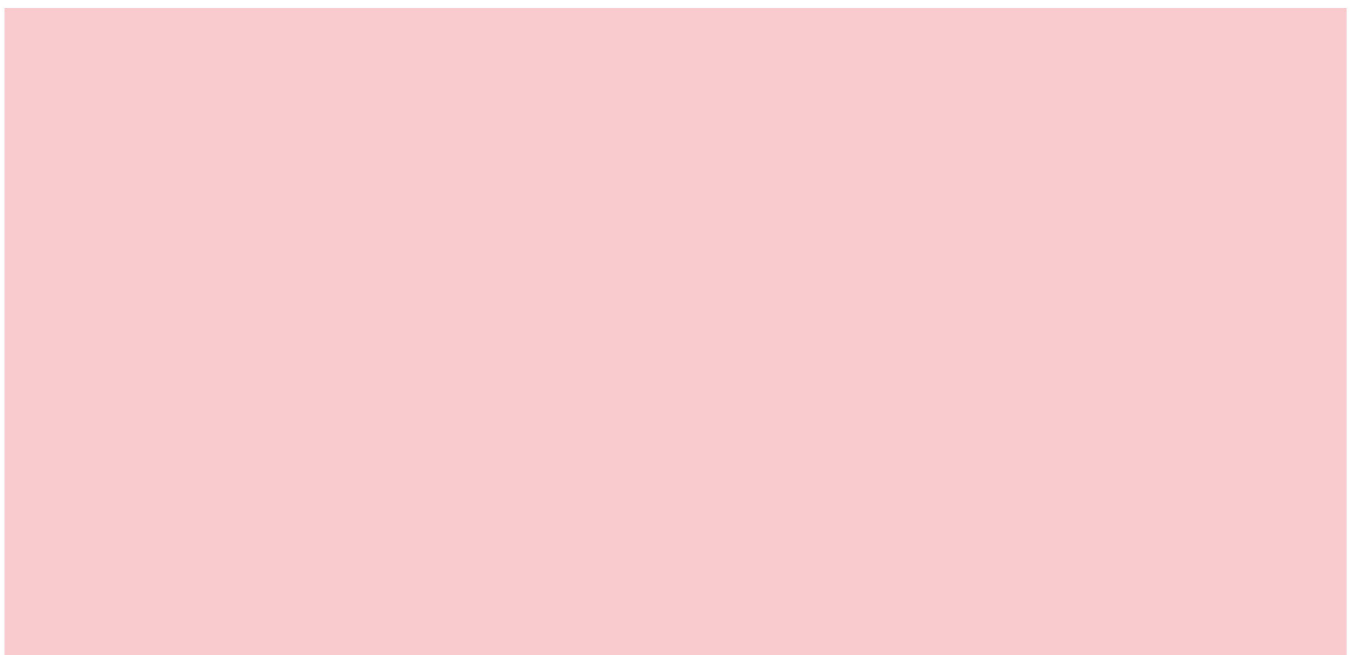


Be grateful

Make a list of the people in your life who are important to you for different reasons and to whom you want to say thank you

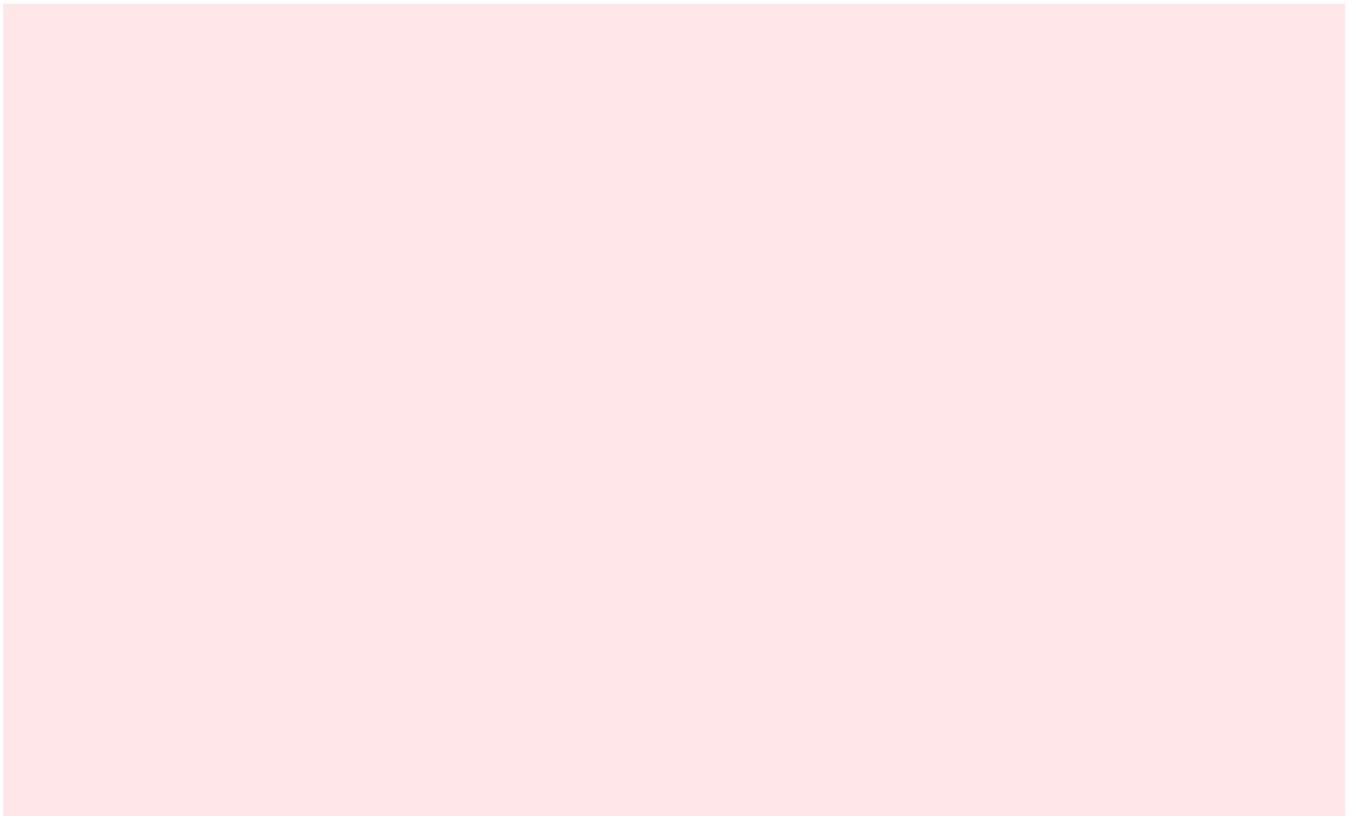


Choose your top 3 champions from the list above and write them a note saying why you are grateful to have them in your life

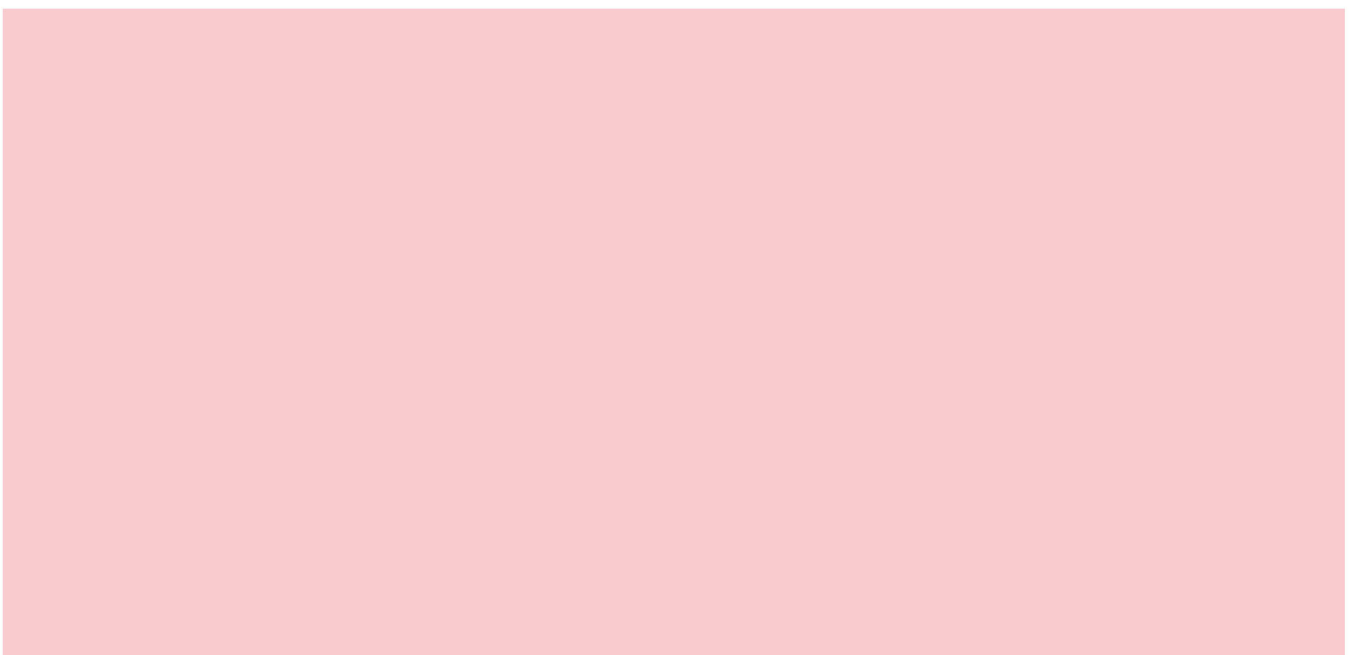


Be grateful

Make a list of things in your life for which you are grateful for and why



What do they have in common, is there an emerging pattern?



Connect

Identify your tribe

Surround yourself with the people who love you, lift you, bring you joy, challenge you and energise you.

Life is too short to put up with people who bring you down

Make a list of your tribe



Choose the top 5-10 people and think how you can connect regularly with them. Plan some activities in advance with each of them.

(exercising together, having an early weekly breakfast, a monthly museum visit, a weekend away, monthly lunch/dinner, cinema etc.)



Create

Your ideal health and wellbeing vision

Fill in each branch with anything that is important to you, things you like, goals you aspire to, activities you love... let your mind run free...

Keep your vision handy and revisit it whenever you will feel tired, fed up, overwhelmed, stressed...or about to give up...

