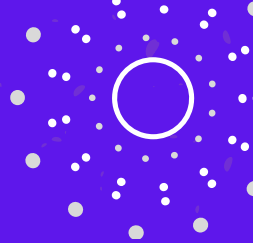


# Goal + Intention Setting for 2021



Welcome to the New Year! Dream big and dream often.

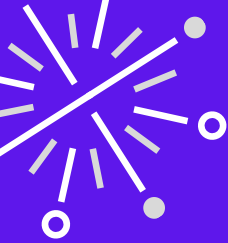
## Goals:

Goals are things you'd like to do or accomplish. See below for guided questions in goal setting.

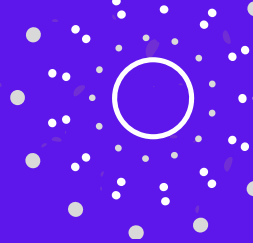
- What role do I want to focus on? (Manager, parent, romantic partner etc.
- What do I want to create?
- Where do I want to be in 1, 6 or 12 months? (personally, professionally, spiritually)
- What do I want to accomplish?

Fill out your goals below!





# Goal + Intention Setting for 2021



## Intentions:

Intentions are the energy and feelings you want to embody.  
See below for guided questions in intention setting.

- How do I want to FEEL this year?
- What feelings am I prioritizing? (joy, peace, inspiration)
- HOW do I want to live?
- What energy do I want to contribute to the world?

Fill out your intentions below!

