

Intentions and Goals for the coming year



2020 - 2021

Welcome to your planning guide for the new year! Inside you'll find lots of prompts for reflecting on the year you're leaving behind, as well as guides for setting your intentions and goals for the upcoming year. A goal without a plan is just a wish, so this workbook will help you get everything written down and laid out. No more resolutions that only last a few weeks!

Where should I plan?

I suggest finding a space where you can have quiet and focus. I know this can be difficult, especially if you live with other people. But do what you can to be undisturbed for a few hours! You're also welcome to do this over the course of a few days if that works better for you.

When should I plan?

Any time around the end of old year, or beginning of the new one is fine! I know the last few weeks of the year can be busy with various holidays. So I set a goal to have my year planned out by mid-January, just so I can get started right away.

What should I have with me for planning?

- ~ If you're a writing geek like I am, choose a pen that feels nice to write with! I use a few different colors to designate different areas of my life, or items I want to emphasize.
- ~ For the planning section, I recommend using pencil or erasable ink, as you may want to make changes while you plot out the year ahead.
- ~ A calendar with any holidays or work events that are important to you.
- ~ A printed copy of this booklet (or a journal to copy the questions if you don't have access to a printer).

*A special note for 2020 reflections: I've included a section that helps you process how Covid-19 affected your life. If you are "over" hearing about Covid, I fully support your right to skip this section entirely! In fact, I purposely laid it out so that you could remove those pages if you choose. Do what's best for your mental health.

I hope the upcoming year brings you peace and love!

Jenni



Get in the mindset!

When planning out my goals and intentions, I like to do a few things to get myself in planning mode. Feel free to use any and all of these... or to create your own!

Let any housemates know you'll be planning, and to please give you some space for a couple of hours.

Clear the space of clutter.

Find somewhere to sit that fits your focusing style. Whether that's upright at a clean desk, or relaxed on a comfy couch.

Gather any favorite writing instruments.

If you're a person who meditates or prays, spend some time doing so. A few cleansing breaths can also help clear your mind.

Play relaxing music if that helps you feel inspired (I work best with atmospheric music without words, similar to what you might hear in a spa).

Have a notepad nearby to write down any distracting thoughts that may come up while you're focusing, so you can handle them later (e.g.: "I need to add eggs to the grocery list.").

Have snacks and beverages to keep your stomach happy, and your mind alert and focused.



*What events stand out to you
from this past year?*



What are the biggest lessons you've learned from this last year?



Career

What were your biggest accomplishments in this area this past year?

What steps did you take to accomplish these things?

What worked very well?

What worked, but could use some improving to be even better?

What methods or mindsets will you leave behind that didn't work well?

What will you do differently given the lessons you've learned?



Family

What were your biggest accomplishments in this area this past year?

What steps did you take to accomplish these things?

What worked very well?

What worked, but could use some improving to be even better?

What methods or mindsets will you leave behind that didn't work well?

What will you do differently given the lessons you've learned?



Friends & Romance

What were your biggest accomplishments in this area this past year?

What steps did you take to accomplish these things?

What worked very well?

What worked, but could use some improving to be even better?

What methods or mindsets will you leave behind that didn't work well?

What will you do differently given the lessons you've learned?



Personal Development

What were your biggest accomplishments in this area this past year?

What steps did you take to accomplish these things?

What worked very well?

What worked, but could use some improving to be even better?

What methods or mindsets will you leave behind that didn't work well?

What will you do differently given the lessons you've learned?



Finance

What were your biggest accomplishments in this area this past year?

What steps did you take to accomplish these things?

What worked very well?

What worked, but could use some improving to be even better?

What methods or mindsets will you leave behind that didn't work well?

What will you do differently given the lessons you've learned?



Fun & Creativity

What were your biggest accomplishments in this area this past year?

What steps did you take to accomplish these things?

What worked very well?

What worked, but could use some improving to be even better?

What methods or mindsets will you leave behind that didn't work well?

What will you do differently given the lessons you've learned?



Self-Care & Mental Health

What were your biggest accomplishments in this area this past year?

What steps did you take to accomplish these things?

What worked very well?

What worked, but could use some improving to be even better?

What methods or mindsets will you leave behind that didn't work well?

What will you do differently given the lessons you've learned?



Physical Health & Wellness

What were your biggest accomplishments in this area this past year?

What steps did you take to accomplish these things?

What worked very well?

What worked, but could use some improving to be even better?

What methods or mindsets will you leave behind that didn't work well?

What will you do differently given the lessons you've learned?



Overall Review

How would you rate each of these areas of your life over the past year, 1 being terrible, and 10 being great? Shade in the boxes to match your rating.

Career	Family	Friends & Romance	Personal Development	Finance	Fun & Creativity	Self-Care & Mental Health	Physical Health & Wellness

Which areas were lacking, and why?

Which areas excelled, and why?



Covid-19 Review

What activities did you have planned that you weren't able to do, due to Covid?

What friends or family members were you unable to see?

How did quarantine and canceling events make you feel?

It can be difficult to feel like you've lost control of a situation, and there was very little you could control about 2020. What aspects of your life did you feel like you DID have some control over?

Brag on yourself a little bit... how were you able to roll with the punches when things changed?



Covid-19 Review

Let's shift our focus to what was positive about Covid's affect on your life.

Did you learn anything new during quarantine? New skills or hobbies, books you read, classes you took?

What friends or family members were there for you when things got rough?

Is there anyone you need to thank for their support this past year?

Take a few moments and write out your feelings about Covid, quarantine, and the changes it made to your life this past year. Let it all out!



Past Year Summary

Summarize this past year in three words:

What are the top three lessons you learned this year?

List three ways you are proud of how you handled this past year:

Take a moment to list anyone you need to forgive, or any situations you need to release from this past year:



The Year Ahead



Planning 2021

Setting Goals and Intentions

Intentions allow us to state what we want to accomplish and where we want to go. Intentions are goals with a bit more emotional weight behind them, because we set them with clear guidelines and take the time to envision them being successful.

Affirmations are positive phrases you can repeat to yourself in order to train your brain to view things differently. This then helps shape your new reality. The average person hears four negative comments for every positive one. So we want to overcome that negative bias by programming our brains with positive, growth mindset information. When writing an affirmation, use present tense (as if it's already true) and "I" language. Also use positive phrasing. For example, instead of "I won't be messy," you may say, "I take a few minutes to clean my space every day." I recommend reading your affirmations out loud each day.

When setting goals, I recommend using SMART goals:

SMART Goals

Specific: Don't be vague... list a lot of details!

Measurable: Have an objective goal that can be measured in numbers, etc.

Accessible: Is this goal something within your reach?
Be realistic!

Relevant: Does your goal line up with what you plan on learning through this journey?

Time-Based: Time-Based: Give yourself a time goal of when you will have accomplished this goal!



Career Goals

What is one big goal for this area that you want to accomplish this year?

Why do you want it?

What will your reward be when you accomplish it?

How do you want to feel in this area of your life?

Turn this feeling into an intention. Remember to use present tense.

What steps will you need to take to accomplish your goal? Be as thorough as possible. Don't worry about order yet.



Career Goals

Choose the five most important steps from the previous page, and copy them below. Use the blanks with the # to put your steps in numerical order. Use the date blanks to set a due date for each step.

_____ Due date: _____

Step: _____

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Step: _____



Family Goals

Choose the five most important steps from the previous page, and copy them below. Use the blanks with the # to put your steps in numerical order. Use the date blanks to set a due date for each step.

_____ Due date: _____

Step: _____

_____ Due date: _____

Step: _____

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Step: _____

_____ Due date: _____

Step: _____

_____ Due date: _____

Step: _____



Friends & Romance Goals

What is one big goal for this area that you want to accomplish this year?

Why do you want it?

What will your reward be when you accomplish it?

How do you want to feel in this area of your life?

Turn this feeling into an intention. Remember to use present tense.

What steps will you need to take to accomplish your goal? Be as thorough as possible. Don't worry about order yet.



Friends & Romance Goals

Choose the five most important steps from the previous page, and copy them below. Use the blanks with the # to put your steps in numerical order. Use the date blanks to set a due date for each step.

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Step: _____

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Step: _____



Personal Development Goals

What is one big goal for this area that you want to accomplish this year?

Why do you want it?

What will your reward be when you accomplish it?

How do you want to feel in this area of your life?

Turn this feeling into an intention. Remember to use present tense.

What steps will you need to take to accomplish your goal? Be as thorough as possible. Don't worry about order yet.



Personal Development Goals

Choose the five most important steps from the previous page, and copy them below. Use the blanks with the # to put your steps in numerical order. Use the date blanks to set a due date for each step.

_____ Due date: _____

Step: _____

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Step: _____



Finance Goals

Choose the five most important steps from the previous page, and copy them below. Use the blanks with the # to put your steps in numerical order. Use the date blanks to set a due date for each step.

_____ Due date: _____

Step: _____

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Step: _____



Fun & Creativity Goals

Choose the five most important steps from the previous page, and copy them below. Use the blanks with the # to put your steps in numerical order. Use the date blanks to set a due date for each step.

_____ Due date: _____

Step: _____

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Step: _____

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Step: _____

_____ Due date: _____

Step: _____

_____ Due date: _____

Step: _____



Self-Care & Mental Health Goals

What is one big goal for this area that you want to accomplish this year?

Why do you want it?

What will your reward be when you accomplish it?

How do you want to feel in this area of your life?

Turn this feeling into an intention. Remember to use present tense.

What steps will you need to take to accomplish your goal? Be as thorough as possible. Don't worry about order yet.



Self-Care & Mental Health Goals

Choose the five most important steps from the previous page, and copy them below. Use the blanks with the # to put your steps in numerical order. Use the date blanks to set a due date for each step.

_____ Due date: _____

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Physical Health & Wellness Goals

What is one big goal for this area that you want to accomplish this year?

Why do you want it?

What will your reward be when you accomplish it?

How do you want to feel in this area of your life?

Turn this feeling into an intention. Remember to use present tense.

What steps will you need to take to accomplish your goal? Be as thorough as possible. Don't worry about order yet.



Physical Health & Wellness Goals

Choose the five most important steps from the previous page, and copy them below. Use the blanks with the # to put your steps in numerical order. Use the date blanks to set a due date for each step.

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Step: _____

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Step: _____



One-Year Goals

Where do you want to see yourself in each of these areas at this time next year?

Career Goal:

What steps will you take to accomplish this goal?

What will you add to your routine?

What habits will you leave behind?

What people will help you accomplish your goal? How can you enlist their help?

What people will hold you back? How can you adjust your relationships?

Family Goal:

What steps will you take to accomplish this goal?

What will you add to your routine?

What habits will you leave behind?

What people will help you accomplish your goal? How can you enlist their help?

What people will hold you back? How can you adjust your relationships?

Friends & Romance Goal:

What steps will you take to accomplish this goal?

What will you add to your routine?

What habits will you leave behind?

What people will help you accomplish your goal? How can you enlist their help?

What people will hold you back? How can you adjust your relationships?

Personal Development Goal:

What steps will you take to accomplish this goal?

What will you add to your routine?

What habits will you leave behind?

What people will help you accomplish your goal? How can you enlist their help?

What people will hold you back? How can you adjust your relationships?



One-Year Goals

Where do you want to see yourself in each of these areas at this time next year?

Finance Goal:

What steps will you take to accomplish this goal?

What will you add to your routine?

What habits will you leave behind?

What people will help you accomplish your goal? How can you enlist their help?

What people will hold you back? How can you adjust your relationships?

Fun & Creativity Goal:

What steps will you take to accomplish this goal?

What will you add to your routine?

What habits will you leave behind?

What people will help you accomplish your goal? How can you enlist their help?

What people will hold you back? How can you adjust your relationships?

Self-Care & Mental Health Goal:

What steps will you take to accomplish this goal?

What will you add to your routine?

What habits will you leave behind?

What people will help you accomplish your goal? How can you enlist their help?

What people will hold you back? How can you adjust your relationships?

Physical Health & Wellness Goal:

What steps will you take to accomplish this goal?

What will you add to your routine?

What habits will you leave behind?

What people will help you accomplish your goal? How can you enlist their help?

What people will hold you back? How can you adjust your relationships?



Long-Term Goals

Career Goals

5 Years:

10 Years:

20 Years:

Family Goals

5 Years:

10 Years:

20 Years:

Friends & Romance Goals

5 Years:

10 Years:

20 Years:

Personal Development Goals

5 Years:

10 Years:

20 Years:

Finance Goals

5 Years:

10 Years:

20 Years:

Fun & Creativity Goals

5 Years:

10 Years:

20 Years:

Self-Care & Mental Health Goals

5 Years:

10 Years:

20 Years:

Physical Health & Wellness Goals

5 Years:

10 Years:

20 Years:



Upcoming Year Intentions

Choose 3 words to represent how you want this year to go:

Word 1:

Word 2:

Word 3:

Use these 3 words to guide you as you write an intention for the upcoming year:

*Now write or print this intention and place it somewhere you can see it every day.
Make this your best year yet!*





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