

SET *Intentions*

and find your
word of the year...



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Pause and Replenish: What Matters Most

The start of a new year—or any time you're ready—can be a great moment to pause and reflect.

It's a chance to let go of what's no longer serving you and focus on what fills you up. Use this worksheet to take a breath, think about what you truly want more (and less) of in your life, and create space for what matters most. Small shifts can lead to big changes, one step at a time.



REFLECT

- Reflect on the past year—what brought joy, pride, or gratitude, and what felt overwhelming or uncomfortable. Observe without judgment. Write below what came up for you.

2. LET GO

Think about the hard moments you want less of and write down the feelings they brought up—like confusion, fear, or sadness.

3. CULTIVATE

Take time to reflect and write down words that resonate with what you want more of. Focus on the feelings, actions, and experiences that come to mind. Below are some examples to inspire your reflection.

Abundance
Authenticity
Balance
Clarity
Compassion
Connection
Creativity
Empathy
Empowerment

Equity
Freedom
Gratitude
Growth
Harmony
Hope
Integrity
Inspiration
Joy

Love
Mindfulness
Peace
Purpose
Renewal
Resilience
Serenity
Simplicity
Strength

Sustainability
Thrive
Transformation
Trust
Unity
Vitality
Well-being
Wisdom
Wonder

4. ANCHOR

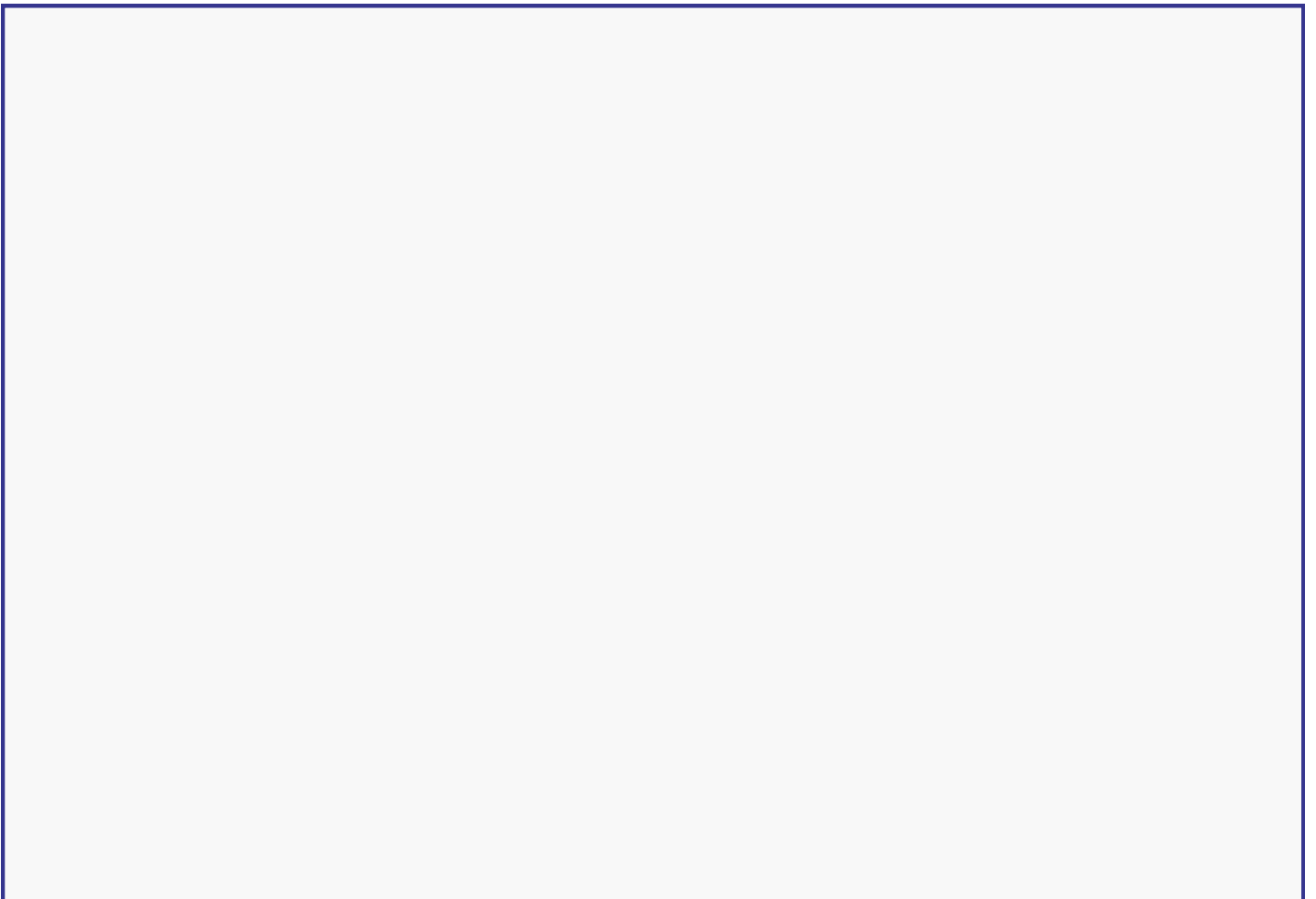
Once clear on what you want to cultivate and release, choose one word to anchor your intentions and reflect on daily.



5. SAY YES!

Now that you have your anchor word, use it as a daily guide. Create a visual reminder and write down activities or situations that align with it. When deciding to engage, ask, “Does this bring more of my anchor word?” Say “yes” to what fits and set boundaries for what doesn’t.

Write below examples like nature walks, quality time with loved ones, creative projects, or moments of reflection.



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