

# New Year Intentions

***Fresh window of opportunity to bring a sense of PURPOSE, FOCUS, RENEWAL, & ALIGNMENT***



What a great time to reflect upon the desired outcomes we wish to bring forth as another new year of possibility arrives!

**SUGGESTIONS FOR PREPARING AND UTILIZING THE ENERGIES TO SET INTENTIONS AND MANIFEST DREAMS**

*Feel free to consider the following questions as you prepare to bring forth an inspired year:*

- Become aware of the new initiatives, endeavors, and activities you have been dreaming of bringing into your life.
- What do you wish to release so you can allocate fresh energy to the newness you welcome?
- Build in enough time for fun, creativity, self-care, rejuvenation, and indulgence by....
- What intentions do you wish to set forth throughout this year? You have plenty of time to plan accordingly as you revisit and refine these ideas throughout the year.
- What dreams do you continue to empower and wish to bring to fruition?
- Empower your dreams and visions with gratitude, daily intentions, calibration to love, personal action-oriented mantras, and meditation!