Happsters Squad New Year's Intentions Workshop

Goal for this Workshop: Come away with ONE main intention/goal for the year.

Questions to Help Guide us Today: 1. What were my accomplishments last year? Examples: I ran a 5k, I got engaged, I learned how to knit, I started a blog

2. What did I learn?

Example: I learned that I need to take time out for myself to recharge. I love giving to others, but when I do so without giving to myself, I can't give as freely and feel worn down.

3. How am I limiting myself and how can I stop?

Example: I worry about not being a successful entrepreneur. I can stop that by changing my thought patterns and learning more about the areas in business where I feel weak, like marketing and accounting.

. What are my personal values?
xamples: Integrity, Making a difference, Honesty, Happiness, Expressing myself

5. What roles do I play in my life?
Example Roles: Parent, Wife, Cook, Designer, Adventurer, Family Member
6. Which role do I want to be my main focus for the next year?
7. What is my biggest goal relating to my main focus/role this year?

Examples:

1. Read to my children for at least thirty minutes three times a week.

2. Fin it.	d out exactly what I need to do to get a promotion and a 5% pay raise and do
	ditate for at least 10 minutes each morning.
) What a	they were readily and by the very weak to make this weak that valets to the
	ther measurable, goals do you want to make this year that relate to the in your life? (Choose 2-7 more goals)
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9. What is my word of the year?
Many of these questions were borrowed from the book "Your Best Year Yet!" by Jinny

S. Ditzler. For a deeper dive into this process, get the book from your local library or

bookstore.