

NEW YEARS RESOLUTIONS GUIDE

YEAR: _____

INTENTIONAL LIVING *goals*

MIND / BODY

Intentions set for strengthening _____

CAREER / EDUCATION

Intentions set for growing _____

SELFCARE / RELAXATION

Intentions set for healing _____

LIFESTYLE DEVELOPMENT

Intentions set for personal improvement _____

EXPERIENCE

Intentions set for action _____

HABITS & ROUTINES

1. _____
2. _____
3. _____
4. _____
5. _____

THE BIGGEST ADVENTURE YOU
CAN TAKE IS TO LIVE THE LIFE
OF YOUR DREAMS.

THIS YEAR, I WILL...

LL

LA.RUE

Lauren L'Heureux

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