

HOW TO: ATHENA'S NEW YEAR'S INTENTIONS

1

Print out double-sided on 8.5" x 11" (US letter size) paper. I like to use nice paper so it feels good to write on as I intend for an amazing year.

2

Cut directly down the middle of the page. You should now have 2 pieces. Share the extra with a friend! Fold in half. Time to fill it out!

3

Making intentions are all about how you plan to show up during the year. It's not about making goals and slaying them. To set yourself up for success, feel into each intention as you fill it out.

4

Refer back to your intentions throughout the year to remind yourself of the feeling of the intentions. Or surprise yourself during your year-end review and see just how well your intentions stuck through the year.

If you have any questions on how to use this, don't hesitate to email me hello@showgirls.life. XOXO!



In 2021, my *word of the year* was _____

Describe 2021 with *one word* _____

best memory of 2021 _____

favorite lesson of 2021 _____

In 2022, my *word of the year* is _____

In 2022, I am *choosing* _____

In 2022, I am *allowing* _____

In 2022, I am *transforming* _____

In 2022, I am *cultivating* _____

In 2022, I am *learning* _____

In 2022, I am *inspiring* _____

In 2021, my *word of the year* was _____

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