A top-down view of a wooden tray containing a cup of dark coffee, a sprig of evergreen branches, and a decorative metal ornament. Below the tray, an open book with text is visible. The entire scene is set against a background of a thick, textured, light-brown blanket.

REFLECTIONS & INTENTIONS E-BOOK

Envision your way to your next
level self !



Welcome!

There was a time when I struggled to follow through with my new year resolutions, or just about any goal I set for myself. We have a tendency to set these goals or resolutions for ourselves, and then give up on them or let them fall away, or to struggle through the change. Has there ever been a time when you had the absolute best intentions, just to find yourself back in the same old slump, back to that same mindset a few months in??

This is for you.

My main Goal

for you

To empower you to take a moment and reflect on where you came from. On how hard you fought & what the challenges taught you, but also what beauty was created in the last 12 months of your life.

And to help you determine who you'd love to be at this time next year. To empower you to find exactly what you need to do to step into who you are meant to be.



Reflections

Looking back on the ups and downs, to help show you how far you have come - but to also help you determine where you want to go in this new season...

*** my biggest teachers
(people, places,
experiences)**

*

* **what were my
biggest challenges:**

*

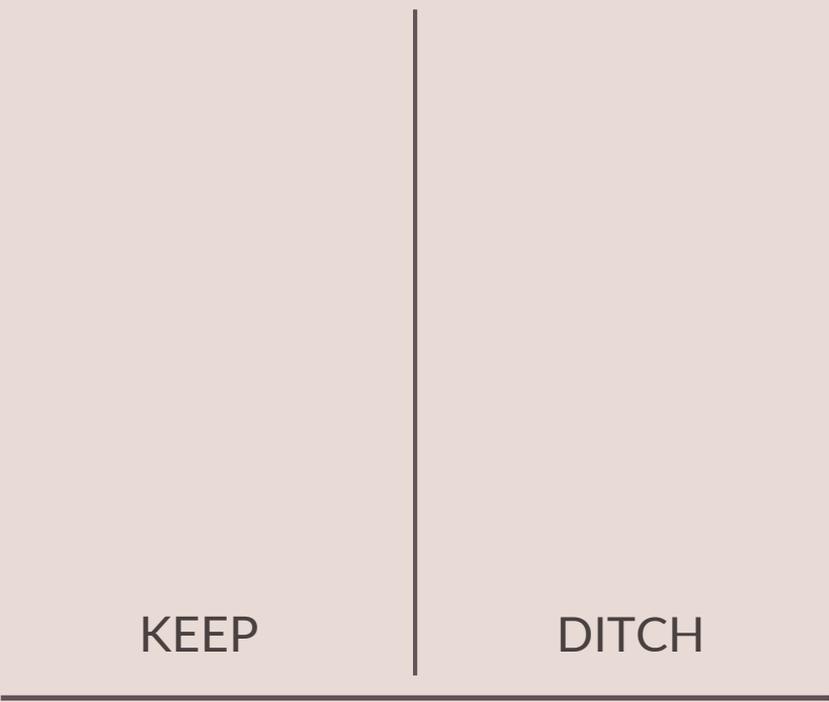
*

**what am I most
grateful for in this
past season:**

*

keep, ditch, explore

what brought me joy, what didn't, and what
do I want to explore more of?



KEEP

DITCH

EXPLORE



Intentions

Determining what your intentions are for the new season will help you set effective goals that you will follow through with. Dream big and bright beautiful!

Things I am looking
forward to:



* **in 2022, I want to
feel:**

*

* **I want to feel this
because:**

*

* **This is important
to me because:**

*

Notes:

These intentions will help you to determine **WHAT** you want out of your next phase in life, **WHY** it's important to you, and **HOW** you are going to create this.

Finally, on the next page you will write a letter to yourself that you will read on December 31, 2022.

Tell yourself all the beauty you experienced, the lessons you learned, and the goals you have accomplished.



**Nothing
changes**

**if nothing
changes**



Thank you!!

Thank you for
downloading this E-Book!
Sending you love and light
into this new phase of life.
Follow me on IG
@theleemichelle for inspo
and for more on living
your best life!!!

