

## New Year Reflection Prompts

### Start Your Year with Gentle Intentions

Use these prompts to reflect on the past year and set meaningful intentions for the year ahead. These questions are designed to help you focus on your values, well-being, and growth.

### Reflection on the Past Year

- What were some of the highlights of the past year?
- What challenges did you overcome, and what did you learn from them?
- Who or what brought you the most joy?
- Is there anything you'd like to leave behind as you move into the new year?

### Looking Ahead to the New Year

- What do you want to prioritise in the coming year?
- What values will guide your decisions and actions?
- How can you nurture your mental, physical, and emotional well-being?
- What small, achievable steps can you take to align with your intentions?
- How will you celebrate your progress, no matter how small?

### Setting Intentions

Write down three intentions for the year ahead. Keep them positive, flexible, and aligned with your values.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Intentions are about the journey, not the destination. Be kind to yourself as you grow.*