

HELPFUL QUESTIONS TO ANSWER BEFORE YOU SET NEW INTENTIONS

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These are some of the questions I ask myself BEFORE intention setting for the New Year. Feel free to add your own.

What did I want to accomplish?

1. _____
2. _____
3. _____

What actually happened?

1. _____
2. _____
3. _____

Whether you made progress or not, list the reasons for what actually happened:

It is so important to know why we made progress or why we did not. If you feel you did not make progress, please do NOT use shame-based reasons. "I'm a slacker," "I'm dumb," "I don't deserve it," and the like are NOT reasons. If you didn't make the progress you wanted, was there something you didn't understand? Are you feeling afraid? Are you worried what people will think? Are you feeling overwhelmed? Did you run out of money? There are many good reasons to not meet goals. Don't be hard on yourself, just find out what your reasons are. If you did meet your goals, did you meet/work with someone who helped you? Did you hit a stroke of luck? Did you reach outside of your comfort zone? Try to identify exactly what made the difference.

1. _____
2. _____
3. _____

What are two things you could do to make it more likely you will meet the goals you set for yourself this year?

Again, please do not shame yourself. Don't write "stop being lazy" or anything like it. Think about who you can reach out to for help, where you can find new resources, how you can make your self-care more useful so you don't burn out, what new system of organizing yourself might help, etc. If you feel on a roll and are happy with the progress you made, focus on how you can keep that going!

1. _____
2. _____

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