



2022

# Setting Intentions Worksheets

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1. First, reflect on your year, what worked, what did not, the unexpected and the goals you set out to achieve.
2. Next, set your goals and intentions for the year ahead. Follow the prompts and build your system of courage.

*“The level of outcome you desire in life is directly proportional to the level of courage you are willing to take.”*

## Step 1: Reflections exercise

**A:** Time to think about what happened in 2022

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What worked well this last year?

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What unexpected things happened?

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What did not work well for you this last year?

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What goals did you hit?

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What goals did you not hit?

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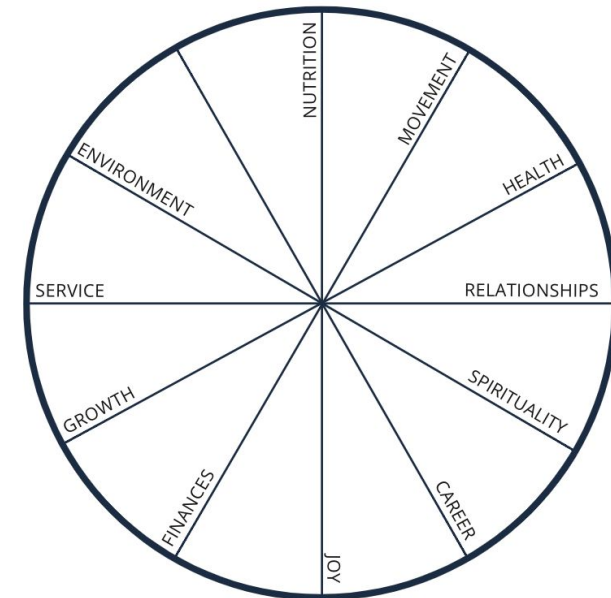
What are your ambitions for the next year?

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*Use this “Circle of Life” tool when thinking about these questions.*

Place a dot towards the center if this is an area you'd like to focus on and towards the outside if you're satisfied with where you are.



ADAPTED FROM INSTITUTE FOR INTEGRATIVE NUTRITION, CIRCLE OF LIFE

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## Step 2: Build a courage system

**B:** Let's set goals, with a system of courage for you to achieve all the things!

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1. **What do you need at your core in order to be able to lead and live with more courage to achieve these goals?**

(Hint: See the circle of life wheel above – what makes you strong?)

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2. **What tiny improvements can you make that will lead you to a fortified core?**

(We've found the best way to achieve goals is 1% daily improvements, as illustrated here.)

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3. **What are your big, audacious goals and ambitions you will lean on your courage for in 2023?**

These will be your “growth goals.”

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4. **Who will be in your accountability community?**

Who do you need to be in proximity to to help you achieve your goals, and what can you offer them in return.  
Also, who might you need to spend less time with in order to stay courageous toward your growth goals?

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5. **To make your growth goal(s) tangible, what is the single most important north star that will keep you on track?**

(Aka, your purpose)

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