



NEW YEAR NEW INTENTIONS

WHAT VALUES DO I WANT TO EMBODY THIS YEAR?

**HOW CAN I MEASURE MY
PROGRESS IN LIVING OUT
MY VALUES?**

**HOW DO I WANT TO FEEL AS
I WORK TOWARD MY
VALUES?**

**WHAT ONE WORD DO I
WANT TO EMBODY THIS
YEAR?**

**HOW CAN I REMIND
MYSELF OF MY VALUES
EACH DAY?**

