

2022 Intention & Goal Setting

Write one word to set intention for each of these areas for 2022

Career

Personal projects

Relationships

Physical Health

Mental health

Define 3 specific goals based on your intention

Career

Personal projects

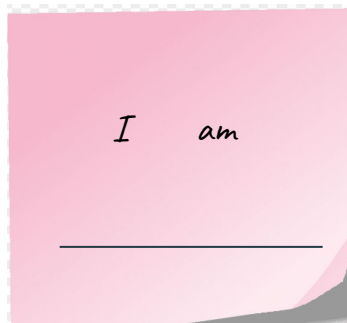
Relationships

Physical Health

Mental health

Bonus: Affirmations

Print these, fill in and paste near your bed side or mirror



Things to stop

What habits you want to stop next year?

Be happy, healthy
& kind to self
In 2022