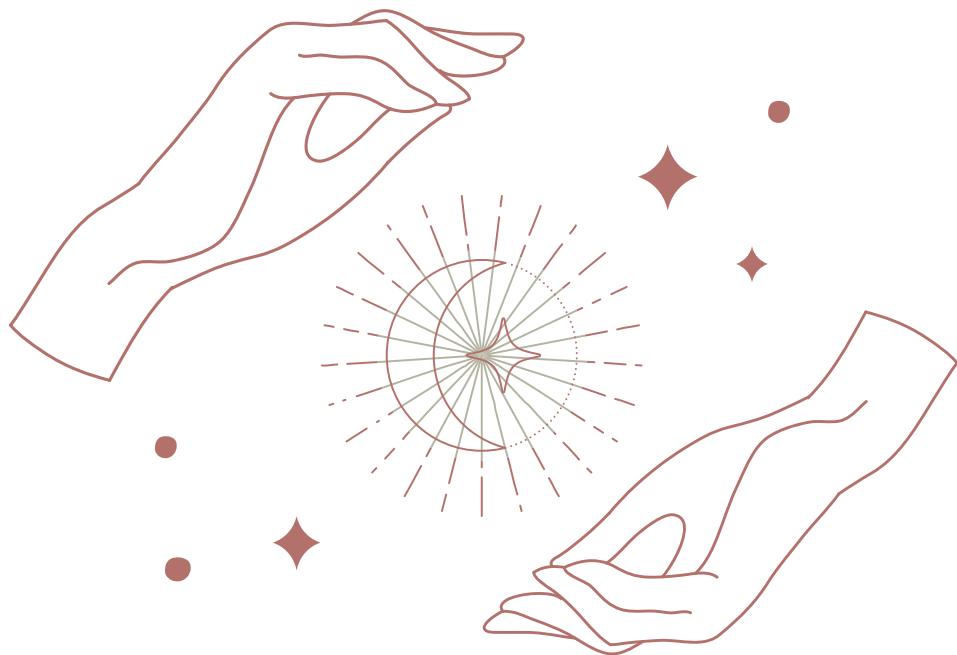


2022

A YEAR OF INTENTION



"THE BEST WAY TO PREDICT THE FUTURE
IS TO CREATE IT"

Kate Rivid • Well-Being

www.katerivid.com

Welcome!

I am happy you are here. While January 1 is a day just like the rest, it can be a symbolic reset - an opportunity to reflect on the past 12 months, write down what we want in life, plan how the next 12 months can help us get there and open us up to new possibilities.

While I do not set New Years resolutions, I do believe in the power of manifestation and writing down dreams and intentions can inspire you towards concrete actions to pursue a life you love. This is a booklet form of a vision board.

This was inspired by Unravel Your Year Susannah Conway, which I have been using for years, but I wanted it to condense it so it was more palpable for me. If you are interested in something more, find her offering [here](#).

A few tips for this workbook:

>>> *Make it tangible*: Print this workbook out (or use a printing service), put it in a binder, personalize it

>>> *Create space*: carve out a few hours to dedicate to your workbook and find a space where you feel relaxed + comfortable

>>> *Set the mood*: make your favorite drink, light a candle, play relaxing music, create an alter with crystals, mala beads, flowers, plants, anything you need to feel grounded + inspired

>>> *Take your time*: Work through this all at once or over several days; don't feel the need to fill every single space

>>> *Have an open mind + open heart*: Let your mind wander, allow space for possibility, surprises and change. And don't take it too seriously :)

>>> Enjoy the process!

Much love,

Kate

2021 Reflections

Before we dive into 2022, let's take a few moments to reflect on 2021. If you could sum up 2021 in one word, what would it be? If 2021 were a book, what is the synopsis? Maybe it was a year of nesting, change, growth or letting go. Whatever happened in the past 12 months has led you to this moment, right where you need to be. If you did a workbook last year, review it!

Summary

How has your life changed from 2021? What have you learned about yourself?

2021 Reflections

What are you grateful for in 2021?

List 3 accomplishments
from 2021

List 3 challenges from
2021

What did you let go of in 2021?

2021 Reflections

Did anything happen in 2021 that needs to be forgiven? Something someone did or said to you, vice versa, or even to yourself? Remember: we are all going through the same beautiful human experience. Be gentle with yourself. If you're not ready for this yet, that's okay! Save it for another day.

Before our final goodbye, take a few moments to write out anything else you need to say to last year, a few final goodbyes, thank yous ...



Goodbye 2021!

And Hello 2022!

It's now time to look ahead! Imagine the next 12 months like a blank canvas you can fill in any way you want. Do your best to let go of any thoughts that hold you back; what are your goals and wishes? Nothing is too far out of reach, but be honest when planning your timeline to get there. Whether you want to create big changes in 2022 or polish and refine parts of your life, the world is your oyster.

We start our journey with picking a word to live by for 2022. This is similar to setting an intention in yoga and can be a daunting task! If you need help, Susannah has a 5 day workbook to help.

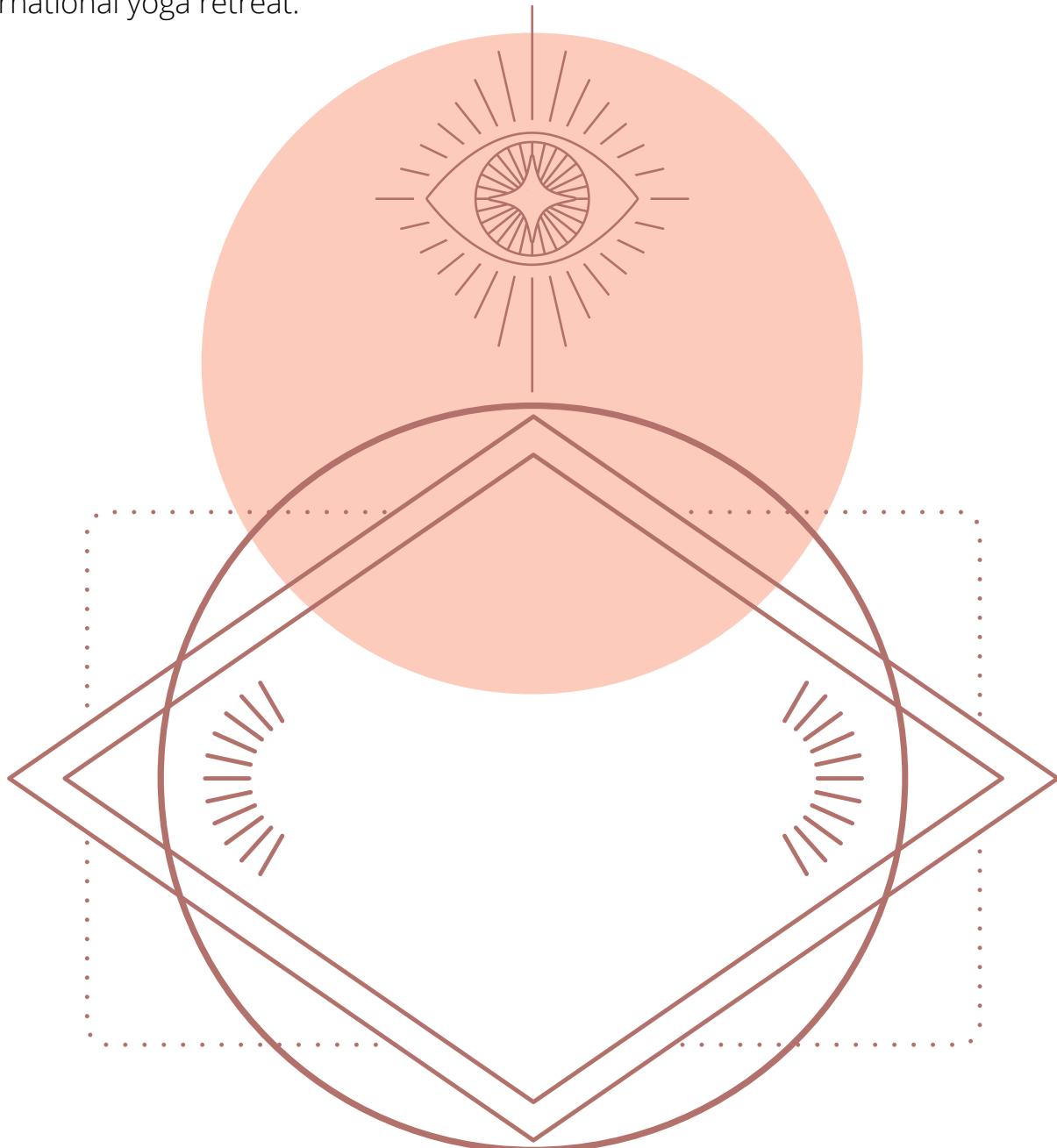
We then move to how we want 2022 to *feel* and where you want to be by the year's end. Next, we create a timeline to set goals and markers, followed by questions that relate to the four elements and how they can support you. Finally, there are 12 pages to use as end-of-month reflections to keep you on track.

"Never underestimate the power you have to take your life in a new direction." — Germany Kent

A Year of Intention

Pick a word to be your anchor for the next 12 months - something that helps you feel inspired, encouraged, empowered. This word can become a mantra, a promise, a reminder for what you need in 2022.

For example, after a really difficult, depleting year, I chose "nourish" and focused on self-care. The following year, I was ready to evolve in my career and personal life, and "expand" encouraged me to develop a better business plan and plan my first international yoga retreat.



A Year of Intention

If you embodied your word everyday this year,
what would your life feel like?

What is something you could add into your daily routine to assimilate this word into your life?

How does this word make you feel?

A Year of Intention

What are you looking forward to in 2022?

What lessons are you taking into 2022?

What do you want to develop in 2022? What do you want to nurture? How will you do this?

Fast forward to December 2022. You are reflecting on the past 12 months. Where do you want to be . . .

mentally? (dreams, goals, career)

in your heart? (friends, family, relationships)

in your soul? (self-love, beliefs, rituals)

in your physical world? (health, hobbies, home)

Now, envision!

In 5 years, where do I want to be . . .

mentally? (dreams, goals, career)

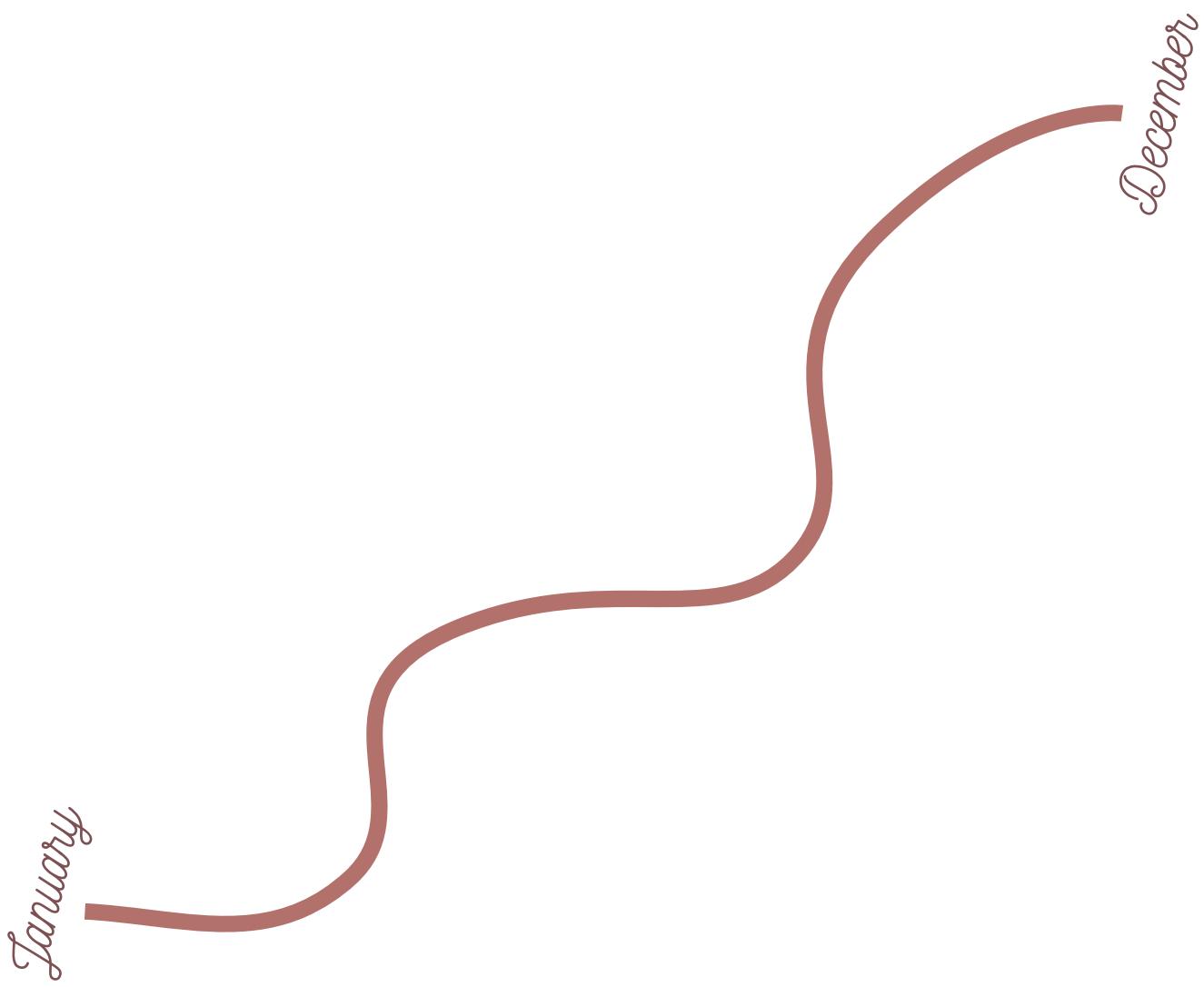
in your heart? (friends, family, relationships)

in your soul? (self-love, beliefs, rituals)

in your physical world? (health, hobbies, home)

2022 Timeline

Plot specific events you would like to have accomplished
or be at on this timeline.



2022 Timeline

Use the spaces below to plant specific details and goals for 2022. You can be as vague or detailed as you like, nothing is out of reach for this year! It's okay to leave blank space, as well.

January

February

March

April

May

June

July

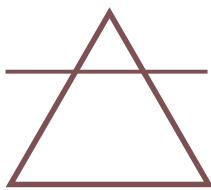
August

September

October

November

December

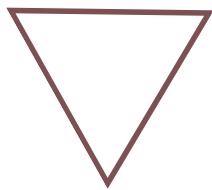


Air

Intellect, mental intention, connection to universal life force

List 3 things you are ready to let go of this year (commitments, beliefs about yourself, etc)

What ways can you create more calm in your life this year?

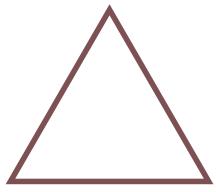


Water

Emotion, intuition, healing, dreams,
represents death and re-birth

List at least 3 things you absolutely love about
yourself and 3 ways you can be kinder to yourself
this year

What ways can you bring more love in your
life this year?

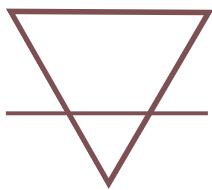


Fire

Creation, energy, passion, enthusiasm

List at least 3 interests and hobbies you would like to explore this year, and/or 3 ways you can feed your imagination

What ways can you bring more creativity in your life this year?



Earth

Abundance, stability, solidity, innate persistence and practical mind.

List at least 3 ways to bring more mindfulness to your days, and/or 3 ways to connect with nature

What ways can you bring a sense of groundedness to your life this year?



Sign + Date:

Monthly Reflections

Use the following pages to reflect at the end of the month. Include special events, dates and memorable moments in the calendar and write down at least 3 things you are grateful for from the month. Feel free to include anything else in the space - lessons learned, memories, you can even attach pictures.

New Moon

Full Moon

"It's never too late to become who you want to be. I hope you live a life that you're proud of, and if you find that you're not, I hope you have the strength to start over."

— F. Scott Fitzgerald

January 2022

"Be willing to be a beginner every single morning."
- Meister Eckhart

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

This month, I am grateful for . . .

How did my word support me this month?

February 2022

"Attention is the rarest and purest form of generosity."
-Simone Weil

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	8	9	10	11	12

This month, I am grateful for . . .

After this month, what do I need more of? What do I need less of?

March 2022

"Nothing worth having comes easy."
- Theodore Roosevelt

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1	2	3	4	5
			●			
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

This month, I am grateful for . . .

In what ways could I go about my days with more intention?

April 2022

"If you could avoid all of your mistakes,
you would miss everything you learned from them."
- Marie Forleo

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

This month, I am grateful for . . .

What helped bring joy and ease into my life this month?

May 2022

"The only constant in life is change."
- Heraclitus

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	○					
22	23	24	25	26	27	28
29	30	31	1	2	3	4
	●					
5	6	7	8	9	10	11

This month, I am grateful for . . .

After this month, what do I need more of? What do I need less of?

June 2022

"The goal is not to be better than the other man, but your previous self."
- The Dalai Lama

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

This month, I am grateful for . . .

Is my word still supporting me? Do I need more supporting words or a new word?

July 2022

"Still, I rise."
- Maya Angelou

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

This month, I am grateful for . . .

What lessons have I learned so far this year?

August 2022

"To be beautiful means to be yourself.
You don't need to be accepted by others.
You need to accept yourself."
— Thich Nhat Hanh

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

This month, I am grateful for . . .

After this month, what do I need more of? What do I need less of?

September 2022

"If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher."
— Pema Chodron

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

This month, I am grateful for . . .

In what ways can I be more present in my life?

October 2022

"The primary cause of unhappiness
is never the situation but your thoughts about it."
— Eckhart Tolle

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

This month, I am grateful for . . .

What helped bring joy and ease into my life this month?

November 2022

"Gratitude unlocks the fullness in life.
It turns what we have into enough,
denial into acceptance, chaos into order,
confusion into clarity."
— Melody Beattie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

This month, I am grateful for . . .

What self-care practices can I prepare for when I need it?

December 2022

"Your time is limited, so don't waste it living someone else's life."
— Steve Jobs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

This month, I am grateful for . . .

After this month, what do I need more of? What do I need less of?

