

INTENTIONS ACHIEVEMENTS REFLECTIONS

WORKBOOK



SOPHIA EVELINE

INTENTIONS, ACHIEVEMENTS, REFLECTIONS

This workbook is offered to assist you in clarifying your intentions and goals for the new year. It provides both structure and flexibility so you have the space and the freedom to envision how you would like to experience your year. In saying this, feel free to use this workbook as a guide to creating your own version - lead with inspiration.

I have provided prompts and questions you can ask yourself, but I also encourage you to explore beyond the page and ask within yourself. Let your intuition lead and write down whatever comes to you.

Throughout the year you may experience things that are challenging. In these times I invite you to acknowledge the experience and then choose to live in the blessing that is gifted to you through that. Everything has something to offer. Every low moment or challenge will demonstrate its gift to you one day.

It is exciting to embark on this journey of self reflection and appreciation. It will show you just how many wonderful things unfold within yourself and your life. Live with intention.

I would love to hear from you as to make your way along your journey so let me know how you are doing:

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THIS YEARS INTENTIONS + GOALS

MY INTENTIONS FOR THIS YEAR:

GOALS I WOULD LIKE TO ACHIEVE THROUGHOUT THE YEAR:

THIS YEARS INTENTIONS + GOALS

WHAT STEPS WILL I TAKE THIS YEAR? AND WHAT EXCITES
ME ABOUT THIS?

WHAT WOULD I LIKE TO EXPERIENCE THROUGH MY
PHYSICAL SENSES, EMOTIONS, AND BODY?

THIS YEARS INTENTIONS + GOALS

ANY OTHER INTENTIONS/GOALS:

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JANUARY GOALS + INTENTIONS

MY MAIN FOCUS AND INTENTION THIS MONTH IS...

GOALS I WOULD LIKE TO ACHIEVE THIS MONTH:

JANUARY GOALS + INTENTIONS

STEPS I AM GOING TO TAKE TOWARDS MY GOALS AND
INTENTIONS:

WHAT IS HOLDING ME BACK AND WHY? HOW CAN I
OVERCOME THIS?

JANUARY GOALS + INTENTIONS

HOW WOULD I LIKE TO EXPERIENCE MY PHYSICAL SENSES,
EMOTIONS, AND BODY?

ANY OTHER INTENTIONS OR NOTES FOR THIS MONTH:

JANUARY ACHIEVEMENTS + REFLECTION

WHAT HAVE I ACHIEVED + MANIFESTED?

I ACKNOWLEDGE AND CELEBRATE MYSELF FOR...

JANUARY ACHIEVEMENTS + REFLECTION

WHAT UNFOLDED IN A SURPRISINGLY EXCITING WAY?

HERE IS WHAT I CAN REALLY, DEEPLY APPRECIATE:

JANUARY ACHIEVEMENTS + REFLECTION

HOW DID I EXPERIENCE MY PHYSICAL SENSES, EMOTIONS,
AND BODY?

ANY OTHER REFLECTIONS:

FEBRUARY GOALS + INTENTIONS

MY MAIN FOCUS AND INTENTION THIS MONTH IS...

GOALS I WOULD LIKE TO ACHIEVE THIS MONTH:

FEBRUARY GOALS + INTENTIONS

STEPS I AM GOING TO TAKE TOWARDS MY GOALS AND
INTENTIONS:

WHAT IS HOLDING ME BACK AND WHY? HOW CAN I
OVERCOME THIS?

FEBRUARY GOALS + INTENTIONS

HOW WOULD I LIKE TO EXPERIENCE MY PHYSICAL SENSES,
EMOTIONS, AND BODY?

ANY OTHER INTENTIONS OR NOTES FOR THIS MONTH:

FEBRUARY ACHIEVEMENTS + REFLECTION

WHAT HAVE I ACHIEVED + MANIFESTED?

I ACKNOWLEDGE AND CELEBRATE MYSELF FOR...

FEBRUARY ACHIEVEMENTS + REFLECTION

WHAT UNFOLDED IN A SURPRISINGLY EXCITING WAY?

HERE IS WHAT I CAN REALLY, DEEPLY APPRECIATE:

FEBRUARY ACHIEVEMENTS + REFLECTION

HOW DID I EXPERIENCE MY PHYSICAL SENSES, EMOTIONS,
AND BODY?

ANY OTHER REFLECTIONS:

MARCH GOALS + INTENTIONS

MY MAIN FOCUS AND INTENTION THIS MONTH IS...

GOALS I WOULD LIKE TO ACHIEVE THIS MONTH:

MARCH GOALS + INTENTIONS

STEPS I AM GOING TO TAKE TOWARDS MY GOALS AND
INTENTIONS:

WHAT IS HOLDING ME BACK AND WHY? HOW CAN I
OVERCOME THIS?

MARCH GOALS + INTENTIONS

HOW WOULD I LIKE TO EXPERIENCE MY PHYSICAL SENSES,
EMOTIONS, AND BODY?

ANY OTHER INTENTIONS OR NOTES FOR THIS MONTH:

MARCH ACHIEVEMENTS + REFLECTION

WHAT HAVE I ACHIEVED + MANIFESTED?

I ACKNOWLEDGE AND CELEBRATE MYSELF FOR...

MARCH ACHIEVEMENTS + REFLECTION

WHAT UNFOLDED IN A SURPRISINGLY EXCITING WAY?

HERE IS WHAT I CAN REALLY, DEEPLY APPRECIATE:

MARCH ACHIEVEMENTS + REFLECTION

HOW DID I EXPERIENCE MY PHYSICAL SENSES, EMOTIONS,
AND BODY?

ANY OTHER REFLECTIONS:

APRIL GOALS + INTENTIONS

MY MAIN FOCUS AND INTENTION THIS MONTH IS...

GOALS I WOULD LIKE TO ACHIEVE THIS MONTH:

APRIL GOALS + INTENTIONS

STEPS I AM GOING TO TAKE TOWARDS MY GOALS AND
INTENTIONS:

WHAT IS HOLDING ME BACK AND WHY? HOW CAN I
OVERCOME THIS?

APRIL GOALS + INTENTIONS

HOW WOULD I LIKE TO EXPERIENCE MY PHYSICAL SENSES,
EMOTIONS, AND BODY?

ANY OTHER INTENTIONS OR NOTES FOR THIS MONTH:

APRIL ACHIEVEMENTS + REFLECTION

WHAT HAVE I ACHIEVED + MANIFESTED?

I ACKNOWLEDGE AND CELEBRATE MYSELF FOR...

APRIL ACHIEVEMENTS + REFLECTION

WHAT UNFOLDED IN A SURPRISINGLY EXCITING WAY?

HERE IS WHAT I CAN REALLY, DEEPLY APPRECIATE:

APRIL ACHIEVEMENTS + REFLECTION

HOW DID I EXPERIENCE MY PHYSICAL SENSES, EMOTIONS,
AND BODY?

ANY OTHER REFLECTIONS:

MAY GOALS + INTENTIONS

MY MAIN FOCUS AND INTENTION THIS MONTH IS...

GOALS I WOULD LIKE TO ACHIEVE THIS MONTH:

MAY GOALS + INTENTIONS

STEPS I AM GOING TO TAKE TOWARDS MY GOALS AND
INTENTIONS:

WHAT IS HOLDING ME BACK AND WHY? HOW CAN I
OVERCOME THIS?

MAY GOALS + INTENTIONS

HOW WOULD I LIKE TO EXPERIENCE MY PHYSICAL SENSES,
EMOTIONS, AND BODY?

ANY OTHER INTENTIONS OR NOTES FOR THIS MONTH:

MAY ACHIEVEMENTS + REFLECTION

WHAT HAVE I ACHIEVED + MANIFESTED?

I ACKNOWLEDGE AND CELEBRATE MYSELF FOR...

MAY ACHIEVEMENTS + REFLECTION

WHAT UNFOLDED IN A SURPRISINGLY EXCITING WAY?

HERE IS WHAT I CAN REALLY, DEEPLY APPRECIATE:

MAY ACHIEVEMENTS + REFLECTION

HOW DID I EXPERIENCE MY PHYSICAL SENSES, EMOTIONS,
AND BODY?

ANY OTHER REFLECTIONS:

JUNE GOALS + INTENTIONS

MY MAIN FOCUS AND INTENTION THIS MONTH IS...

GOALS I WOULD LIKE TO ACHIEVE THIS MONTH:

JUNE GOALS + INTENTIONS

STEPS I AM GOING TO TAKE TOWARDS MY GOALS AND
INTENTIONS:

WHAT IS HOLDING ME BACK AND WHY? HOW CAN I
OVERCOME THIS?

JUNE GOALS + INTENTIONS

HOW WOULD I LIKE TO EXPERIENCE MY PHYSICAL SENSES,
EMOTIONS, AND BODY?

ANY OTHER INTENTIONS OR NOTES FOR THIS MONTH:

JUNE ACHIEVEMENTS + REFLECTION

WHAT HAVE I ACHIEVED + MANIFESTED?

I ACKNOWLEDGE AND CELEBRATE MYSELF FOR...

JUNE ACHIEVEMENTS + REFLECTION

WHAT UNFOLDED IN A SURPRISINGLY EXCITING WAY?

HERE IS WHAT I CAN REALLY, DEEPLY APPRECIATE:

JUNE ACHIEVEMENTS + REFLECTION

HOW DID I EXPERIENCE MY PHYSICAL SENSES, EMOTIONS,
AND BODY?

ANY OTHER REFLECTIONS:

JULY GOALS + INTENTIONS

MY MAIN FOCUS AND INTENTION THIS MONTH IS...

GOALS I WOULD LIKE TO ACHIEVE THIS MONTH:

JULY GOALS + INTENTIONS

STEPS I AM GOING TO TAKE TOWARDS MY GOALS AND
INTENTIONS:

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OVERCOME THIS?

JULY GOALS + INTENTIONS

HOW WOULD I LIKE TO EXPERIENCE MY PHYSICAL SENSES,
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ANY OTHER INTENTIONS OR NOTES FOR THIS MONTH:

JULY ACHIEVEMENTS + REFLECTION

WHAT HAVE I ACHIEVED + MANIFESTED?

I ACKNOWLEDGE AND CELEBRATE MYSELF FOR...

JULY ACHIEVEMENTS + REFLECTION

WHAT UNFOLDED IN A SURPRISINGLY EXCITING WAY?

HERE IS WHAT I CAN REALLY, DEEPLY APPRECIATE:

JULY ACHIEVEMENTS + REFLECTION

HOW DID I EXPERIENCE MY PHYSICAL SENSES, EMOTIONS,
AND BODY?

ANY OTHER REFLECTIONS:

AUGUST GOALS + INTENTIONS

MY MAIN FOCUS AND INTENTION THIS MONTH IS...

GOALS I WOULD LIKE TO ACHIEVE THIS MONTH:

AUGUST GOALS + INTENTIONS

STEPS I AM GOING TO TAKE TOWARDS MY GOALS AND
INTENTIONS:

WHAT IS HOLDING ME BACK AND WHY? HOW CAN I
OVERCOME THIS?

AUGUST GOALS + INTENTIONS

HOW WOULD I LIKE TO EXPERIENCE MY PHYSICAL SENSES,
EMOTIONS, AND BODY?

ANY OTHER INTENTIONS OR NOTES FOR THIS MONTH:

AUGUST ACHIEVEMENTS + REFLECTION

WHAT HAVE I ACHIEVED + MANIFESTED?

I ACKNOWLEDGE AND CELEBRATE MYSELF FOR...

AUGUST ACHIEVEMENTS + REFLECTION

WHAT UNFOLDED IN A SURPRISINGLY EXCITING WAY?

HERE IS WHAT I CAN REALLY, DEEPLY APPRECIATE:

AUGUST ACHIEVEMENTS + REFLECTION

HOW DID I EXPERIENCE MY PHYSICAL SENSES, EMOTIONS,
AND BODY?

ANY OTHER REFLECTIONS:

SEPTEMBER GOALS + INTENTIONS

MY MAIN FOCUS AND INTENTION THIS MONTH IS...

GOALS I WOULD LIKE TO ACHIEVE THIS MONTH:

SEPTEMBER GOALS + INTENTIONS

STEPS I AM GOING TO TAKE TOWARDS MY GOALS AND
INTENTIONS:

WHAT IS HOLDING ME BACK AND WHY? HOW CAN I
OVERCOME THIS?

SEPTEMBER GOALS + INTENTIONS

HOW WOULD I LIKE TO EXPERIENCE MY PHYSICAL SENSES,
EMOTIONS, AND BODY?

ANY OTHER INTENTIONS OR NOTES FOR THIS MONTH:

SEPTEMBER ACHIEVEMENTS + REFLECTION

WHAT HAVE I ACHIEVED + MANIFESTED?

I ACKNOWLEDGE AND CELEBRATE MYSELF FOR...

SEPTEMBER ACHIEVEMENTS + REFLECTION

WHAT UNFOLDED IN A SURPRISINGLY EXCITING WAY?

HERE IS WHAT I CAN REALLY, DEEPLY APPRECIATE:

SEPTEMBER ACHIEVEMENTS + REFLECTION

HOW DID I EXPERIENCE MY PHYSICAL SENSES, EMOTIONS,
AND BODY?

ANY OTHER REFLECTIONS:

OCTOBER GOALS + INTENTIONS

MY MAIN FOCUS AND INTENTION THIS MONTH IS...

GOALS I WOULD LIKE TO ACHIEVE THIS MONTH:

OCTOBER GOALS + INTENTIONS

STEPS I AM GOING TO TAKE TOWARDS MY GOALS AND
INTENTIONS:

WHAT IS HOLDING ME BACK AND WHY? HOW CAN I
OVERCOME THIS?

OCTOBER GOALS + INTENTIONS

HOW WOULD I LIKE TO EXPERIENCE MY PHYSICAL SENSES,
EMOTIONS, AND BODY?

ANY OTHER INTENTIONS OR NOTES FOR THIS MONTH:

OCTOBER ACHIEVEMENTS + REFLECTION

WHAT HAVE I ACHIEVED + MANIFESTED?

I ACKNOWLEDGE AND CELEBRATE MYSELF FOR...

OCTOBER ACHIEVEMENTS + REFLECTION

WHAT UNFOLDED IN A SURPRISINGLY EXCITING WAY?

HERE IS WHAT I CAN REALLY, DEEPLY APPRECIATE:

OCTOBER ACHIEVEMENTS + REFLECTION

HOW DID I EXPERIENCE MY PHYSICAL SENSES, EMOTIONS,
AND BODY?

ANY OTHER REFLECTIONS:

NOVEMBER GOALS + INTENTIONS

MY MAIN FOCUS AND INTENTION THIS MONTH IS...

GOALS I WOULD LIKE TO ACHIEVE THIS MONTH:

NOVEMBER GOALS + INTENTIONS

STEPS I AM GOING TO TAKE TOWARDS MY GOALS AND
INTENTIONS:

WHAT IS HOLDING ME BACK AND WHY? HOW CAN I
OVERCOME THIS?

NOVEMBER GOALS + INTENTIONS

HOW WOULD I LIKE TO EXPERIENCE MY PHYSICAL SENSES,
EMOTIONS, AND BODY?

ANY OTHER INTENTIONS OR NOTES FOR THIS MONTH:

NOVEMBER ACHIEVEMENTS + REFLECTION

WHAT HAVE I ACHIEVED + MANIFESTED?

I ACKNOWLEDGE AND CELEBRATE MYSELF FOR...

NOVEMBER ACHIEVEMENTS + REFLECTION

WHAT UNFOLDED IN A SURPRISINGLY EXCITING WAY?

HERE IS WHAT I CAN REALLY, DEEPLY APPRECIATE:

NOVEMBER ACHIEVEMENTS + REFLECTION

HOW DID I EXPERIENCE MY PHYSICAL SENSES, EMOTIONS,
AND BODY?

ANY OTHER REFLECTIONS:

DECEMBER GOALS + INTENTIONS

MY MAIN FOCUS AND INTENTION THIS MONTH IS...

GOALS I WOULD LIKE TO ACHIEVE THIS MONTH:

DECEMBER GOALS + INTENTIONS

STEPS I AM GOING TO TAKE TOWARDS MY GOALS AND
INTENTIONS:

WHAT IS HOLDING ME BACK AND WHY? HOW CAN I
OVERCOME THIS?

DECEMBER GOALS + INTENTIONS

HOW WOULD I LIKE TO EXPERIENCE MY PHYSICAL SENSES,
EMOTIONS, AND BODY?

ANY OTHER INTENTIONS OR NOTES FOR THIS MONTH:

DECEMBER ACHIEVEMENTS + REFLECTION

WHAT HAVE I ACHIEVED + MANIFESTED?

I ACKNOWLEDGE AND CELEBRATE MYSELF FOR...

DECEMBER ACHIEVEMENTS + REFLECTION

WHAT UNFOLDED IN A SURPRISINGLY EXCITING WAY?

HERE IS WHAT I CAN REALLY, DEEPLY APPRECIATE:

DECEMBER ACHIEVEMENTS + REFLECTION

HOW DID I EXPERIENCE MY PHYSICAL SENSES, EMOTIONS,
AND BODY?

ANY OTHER REFLECTIONS:

YEAR ACHIEVEMENTS + REFLECTIONS

WHAT HAVE I ACHIEVED + MANIFESTED THROUGHOUT THE
YEAR?

WHAT DID NOT MANIFEST OR COME TO FRUITION IN THE
WAY I THOUGHT IT WOULD?

YEAR ACHIEVEMENTS + REFLECTIONS

WHAT CHALLENGES DID I FACE?

HOW DID I OVERCOME OR MOVE THROUGH THESE
CHALLENGES?

YEAR ACHIEVEMENTS + REFLECTIONS

I AM SO PROUD OF MYSELF FOR:

WHAT IS THE BEST THING(S) THAT HAPPENED THIS YEAR?

YEAR ACHIEVEMENTS + REFLECTIONS

WHAT ARE MY NEXT STEPS?

WHAT EXPERIENCES HAD A BIG IMPACT ON ME?

YEAR ACHIEVEMENTS + REFLECTIONS

ANY OTHER REFLECTIONS:

This image shows a blank sheet of white paper with horizontal ruling lines. There are two vertical blue lines on either side, creating margins. The paper is otherwise empty of any text or markings.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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