

DECEMBER GUIDEBOOK

SET YOUR INTENTIONS FOR THE MONTH

Take a big, deep breath...

Grab your favourite notebook and favourite pen and scribble down what comes to mind when you read the reflection questions below...

1. What does the month of December look like for you? What do you have planned? What will there be a lot of? What will there be little of?
2. What are you looking forward to this month?
3. What will challenge you this month?
4. What kind of person do I need to be to best handle the month ahead?
5. What would being this kind of person look like for me?
6. What do I want to bring / share with those around me this month?
7. How do I want to feel in December?
8. If I were to tie it all together into an intention, what is one line / phrase / word / sentence to remind me of the above?
9. How will I remind myself of this intention?