



# SHOW UP FOR YOURSELF YEAR PLANNER

MY MANTRA \_\_\_\_\_

## 2023 INTENTIONS

THIS YEAR I WILL...

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## WHAT ACTIONS WILL I TAKE?

WHAT WILL HELP SUPPORT ME?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## I WILL LET GO OF...

WHAT CAN I LEAVE BEHIND

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DAILY HABITS I WILL DEVELOP

WHAT WILL MAKE LIFE EASIER/BETTER BY BECOMING A HABIT?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## KEY WORDS/AFFIRMATIONS FOR ME

WHAT WILL FOCUS MY MIND & ANCHOR ME IN MY VISION?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## WELLNESS HABITS I WILL DEVELOP

IN WHAT WAYS CAN I NOURISH MY MIND, BODY & SOUL?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## MY YOGA PRACTICE COMMITMENT

CONNECTING MY PRACTICE & MY LIFE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

**STATEMENT OF INTENT:** WHERE DO I WANT TO BE IN 365 DAYS? WHAT WILL LIFE LOOK LIKE? DEAR FUTURE SELF...

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