

# New Year Intention Setting

*These 4 categories help us to think of intentions outside of only 1 category.*

MY BIGGEST LEARNINGS IN 2020

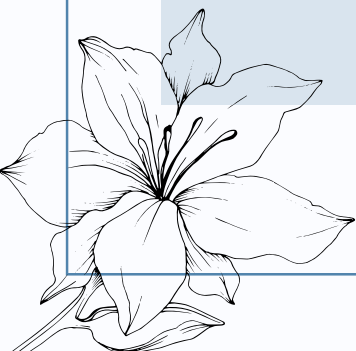
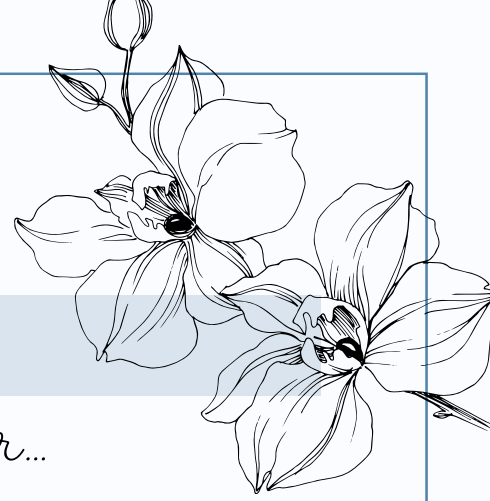
*My Intentions for the Year...*

MENTAL/EMOTIONAL

PHYSICAL

SPIRITUAL

FINANCIAL



“Very little is needed to make a happy life; it is all within yourself in your way of thinking.”  
— Marcus Aurelius, Meditations

*Melanie Rainaldo*