

## **T&T 2021 Review, 2022 Preview: Intentions/ Goals Worksheet**

**2021:** In 2021 I was (one word)

- 2 blessings in 2021
- 2 challenges I overcame
- 2 points of personal growth
- 2 points of professional growth
- 2 things I appreciate about last year
- 2 ways I was kind to myself/ self-care
- 2 people I am grateful for

**2022:** In 2022 I will be (one word)

- 2 thing I hope for in 2022 and what am I doing to make them happen?
- 2 points of personal growth I am aiming for and how will I achieve them?
- 2 points of professional growth for 2022 and how will I achieve them?
- 2 ways I will be kind to myself this year?
- 2 goals/intentions for 2022
- Any tracking tools or points of accountability?

### **Statements:**

- I believe:
- I will achieve:
- I see myself as:
- I choose to be (one word):
- I am worthy of:
- I am:

2022 Mission Statement: