

T&T 2023 Review, 2024 Preview: Intentions/ Goals Worksheet

2023: In 2023 I was (one word)

- 2 blessings in 2023:
- 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 2023:

In 2024 I will be (one word)

- 2 thing I hope for in 2024 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 2024 and how will I achieve them?
- 2 ways I will be kind to myself this year?
- 2 goals/intentions for 2024
- 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:

2024 Mission Statement: