

SETTING INTENTIONS

What if we forget about New Year's Resolutions, and instead focus on building intention into 2022?

Unlike the measurable resolutions that can feel overwhelming to keep track of, intentions are a broader feeling to how we would like to move forward in our lives. It's maybe even just one sentence!

Grief is a holistic experience and can affect all areas of our lives. Below are some outlined areas for you to think through some intentions. If the areas don't match what you need, cross them out and put your own in there!

RELATIONSHIP WITH SELF

RELATIONSHIPS WITH OTHERS

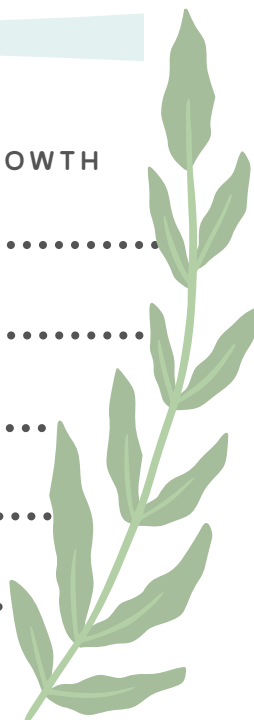
HEALTH + WELLBEING

OUTLETS FOR CREATIVITY

SPIRITUALITY OR FAITH



PERSONAL LEARNING + GROWTH



REST + RELAXATION