

2024

# A YEAR OF INTENTION



"THE BEST WAY TO PREDICT THE FUTURE  
IS TO CREATE IT"

*Kate Rivard // Well•Being*

[www.katerivard.com](http://www.katerivard.com)

# Welcome!

I am happy you are here. While January 1 is a day just like the rest, it can be a symbolic reset - an opportunity to reflect on the past 12 months, write down what we want in life, plan how the next 12 months can help us get there and open us up to new possibilities.

While I do not set New Years resolutions, I do believe in the power of manifestation and writing down dreams and intentions can inspire you towards concrete actions to pursue a life you love. This is a booklet form of a vision board.

This was inspired by Unravel Your Year Susannah Conway, which I have been using for years, but I had a few ideas to make it more personal.

A few tips for this workbook:

- >>> *Create space*: carve out a few hours to dedicate to your workbook and find a space where you feel relaxed + comfortable
- >>> *Set the mood*: make your favorite drink, light a candle, play relaxing music, create an alter with crystals, mala beads, flowers, plants, anything you need to feel grounded + inspired
- >>> *Take your time*: Work through this all at once or over several days; don't feel the need to fill every single space
- >>> *Have an open mind + open heart*: Let your mind wander, allow space for possibility, surprises and change. And don't take it too seriously :)
- >>> Enjoy the process!

Much love,

*Kate*

# 2023 Reflections

Before we dive into 2024, let's take a few moments to reflect on 2023. If you could sum up the past year in one word, what would it be? If 2023 were a book, what is the synopsis? Maybe it was a year of nesting, nourishing, major change, or letting go. Whatever happened in the past 12 months has led you to this moment, right where you need to be. If you did a workbook last year, review it!

## Summary

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How has your life changed from 2023? What have you learned about yourself?

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# 2023 Reflections

What are you grateful for from 2023?

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List 3 accomplishments  
from 2023

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List 3 challenges from  
2023

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What did you let go of in 2023?

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*Goodbye 2023!*

# And Hello 2024!

It's now time to look *ahead*! Imagine the next 12 months like a blank canvas you can fill in any way you want. Do your best to let go of any thoughts that hold you back; what are your goals and wishes? Nothing is too far out of reach, but be honest when planning your timeline to get there. Whether you want to create big changes in 2024, polish and refine parts of your life, or invite more calm and grounding, the world is your oyster.

We start our journey with picking a word to live by for 2024. This is similar to setting an intention in yoga and can be a daunting task! You will find a section to help you with this at the end of the workbook.

We then move to how we want 2024 to *feel* and where you want to be by the year's end. Next, we create a timeline to set goals and markers, followed by questions that relate to the four elements and how they can support you. Finally, there are 12 pages to use as end-of-month reflections to keep you on track throughout the year.

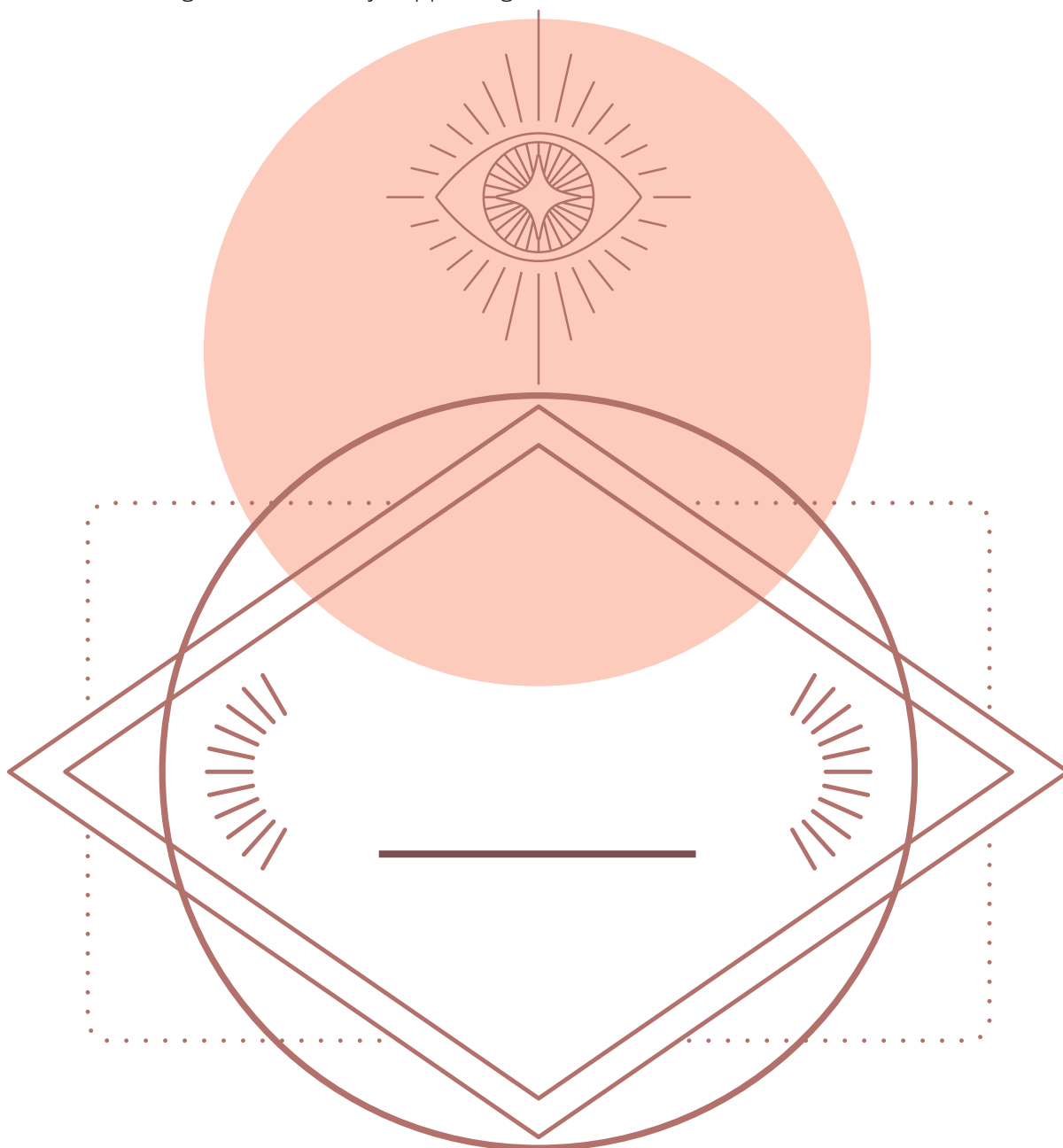
“Never underestimate the power you have to take your life in a new direction.” — Germany Kent

# A Year of Intention

Pick a word to be your anchor for the next 12 months - something that helps you feel inspired, encouraged, empowered. This word can become a mantra, a promise, a reminder for what you need in 2024.

For example, after a really difficult, depleting year, I chose "nourish" and focused on self-care. The following year, I was ready to evolve in my career and personal life, and "expand" encouraged me to develop a better business plan and plan my first international yoga retreat.

See the section at the end of this workbook to help you discover this. Add your main word to the center of the drawing below, with any supporting words on the lines above and below.





# A Year of Intention

If you embodied your word everyday this year,  
what would your life feel like?

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What is something you could add into your daily  
routine to assimilate this word into your life?

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How does this word make you feel?

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What are any supporting words you chose? How do they  
feel? In what ways can they support your journey?

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# A Year of Intention

What are you looking forward to in 2024?

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What lessons are you taking into 2024?

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What do you want to develop in 2024? What do you want to nurture? How will you do this?

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Fast forward to December 2024. You are reflecting on the past 12 months. Where do you want to be . . .

mentally? (dreams, goals, career)

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in your heart? (friends, family, relationships)

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in your soul? (self-love, beliefs, rituals)

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in your physical world? (health, hobbies, home)

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Now, envision!

In 5 years, where do I want to be . . .

mentally? (dreams, goals, career)

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in your heart? (friends, family, relationships)

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in your soul? (self-love, beliefs, rituals)

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in your physical world? (health, hobbies, home)

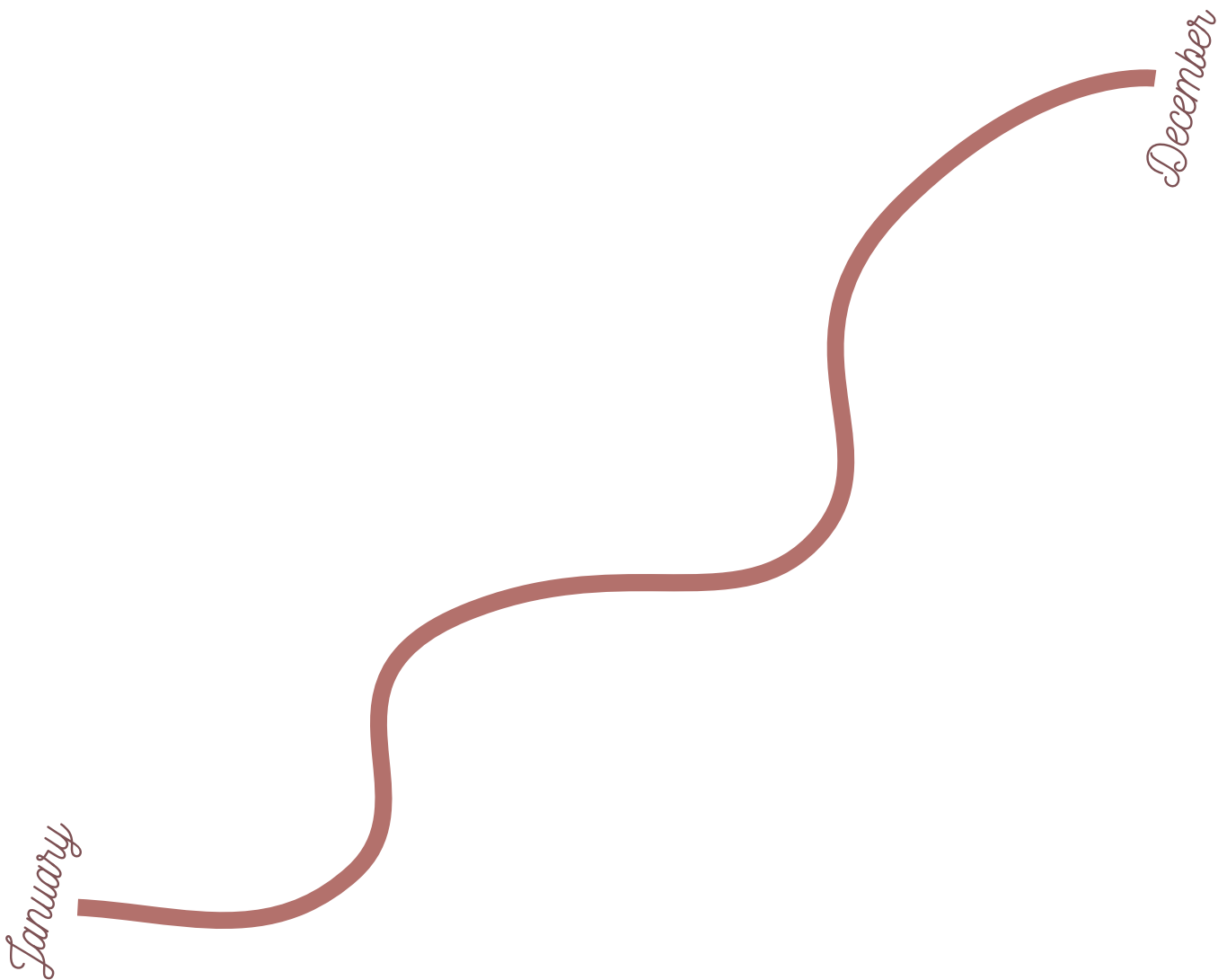
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# 2024 Timeline

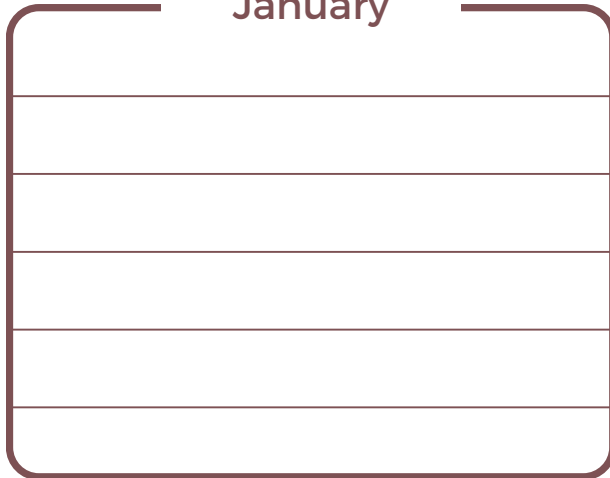
Plot specific events you would like to have accomplished or be at on this timeline and be as creative as you want with pictures and symbols.



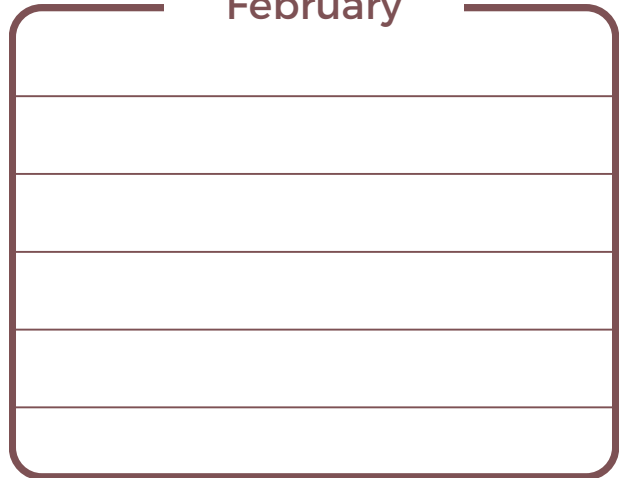
# 2024 Timeline

Use the spaces below to plant specific details and goals for 2024. You can be as vague or detailed as you like, nothing is out of reach for this year! It's okay to leave blank space, as well.

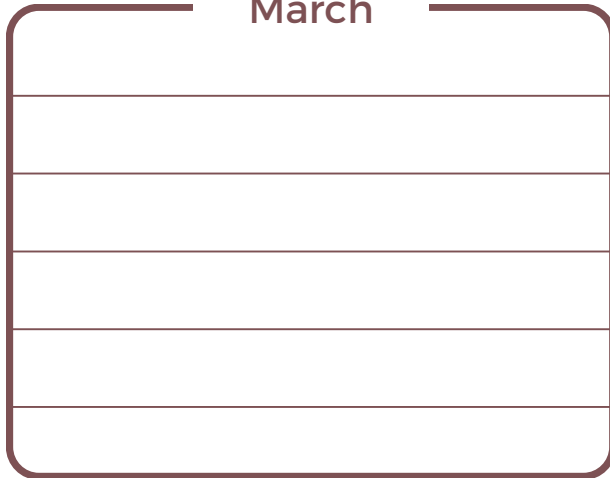
January



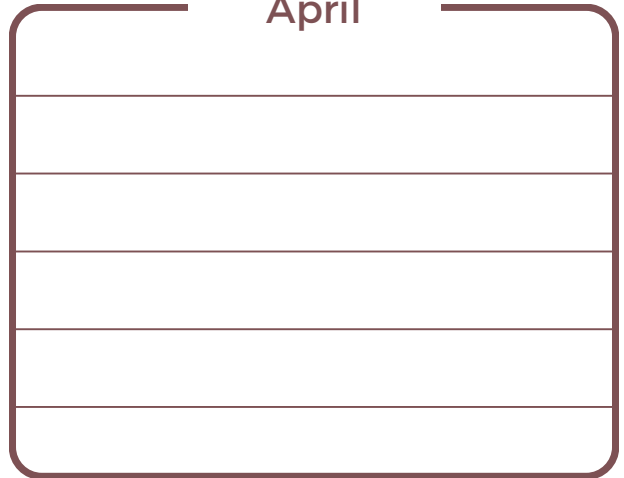
February



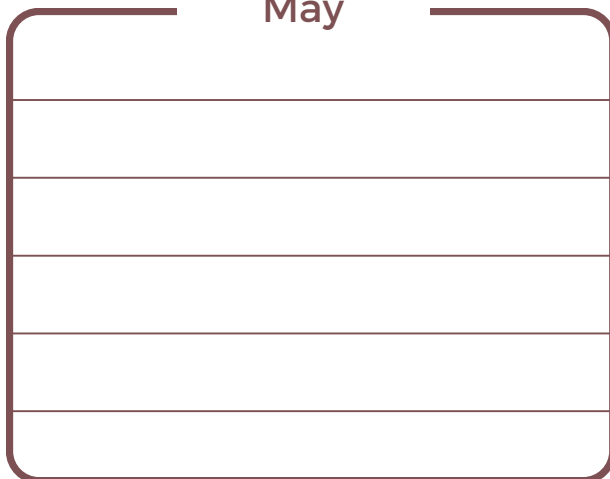
March



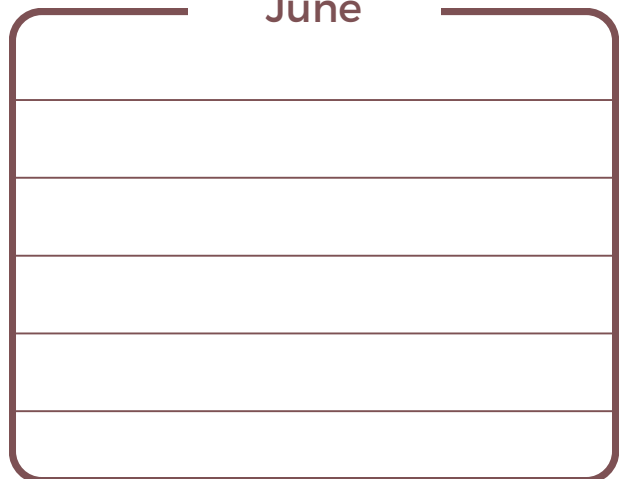
April



May



June



July

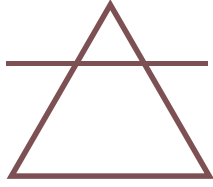

August


September


October


November


December

# Air

Intellect, mental intention, connection to universal life force

List 3 things you are ready to let go of this year  
(commitments, beliefs about yourself, etc)

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What qualities do you want to nurture in 2024?

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How can you create more calm in your life this year?

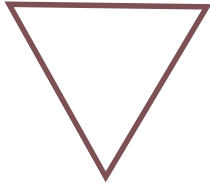
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# Water

Emotion, intuition, healing, dreams,  
represents death and re-birth

List at least 3 things you absolutely love about yourself  
and 3 ways you can be kinder to yourself this year

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What is something you want to feel or experience  
more of in 2024?

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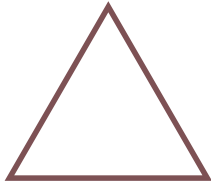
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How can you bring more love in your life in 2024?

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# Fire

Creation, energy, passion, enthusiasm

List at least 3 interests and hobbies you would like to explore this year, and/or 3 ways you can feed your imagination

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When was the last time you felt the most inspired and free? How can you channel that this year?

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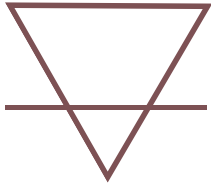
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How can you bring more creativity in your life this year?

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# Earth

Abundance, stability, solidity, innate persistence and practical mind.

List at least 3 ways to bring more mindfulness to your days, and/or 3 ways to connect with nature

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What do you need more of to live a more mindful, fulfilling life? What do you need less of?

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How can you bring a sense of groundedness to your life this year?

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*I believe anything is  
possible in 2024!*

Sign + Date:

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# Monthly Reflections

Use the following pages to reflect at the end of the month. Include special events, dates and memorable moments in the calendar and answer the monthly reflections. Feel free to include anything else in the space - lessons learned, memories, you can even attach pictures.



"It's never too late to become who you want to be. I hope you live a life that you're proud of, and if you find that you're not, I hope you have the strength to start over."

— F. Scott Fitzgerald

# January

2024

"You can't start the next chapter of your life if you keep rereading the past"

Michael McMillian

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

This month, I am grateful for ...

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How did my word support me this month?

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# February

2024

Affirmation:  
I am creating a beautiful  
life for myself

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	2
3	4	5	6	7	8	9

This month, I am grateful for ...

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After this month, what do I need more of? What do I need less of?

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# March

2024

"How you love yourself is how you  
teach others to love you"

Rupi Kaur

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

This month, I am grateful for ...

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In what ways could I go about my days with more intention?

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# April

2024

Affirmation:  
I create my own path  
and walk it with joy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

This month, I am grateful for ...

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What helped bring joy and ease into my life this month?

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"Life is not about how many times you fall down.  
It's about how many times you get back up"

# May

2024

Jaime Escalante

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

This month, I am grateful for ...

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After this month, what do I need more of? What do I need less of?

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# June

2024

Affirmation:  
I am surrounded by  
beauty and abundance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

This month, I am grateful for ...

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Is my word still supporting me? Do I need more supporting words or a new word?

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"The only constant in life is change."

Heraclitus

# July

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

This month, I am grateful for ...

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What lessons have I learned so far this year?

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Affirmation:  
My creativity is unlimited

# August

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

This month, I am grateful for ...

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After this month, what do I need more of? What do I need less of?

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# September

2024

“If we learn to open our hearts, anyone,  
including the people who drive us crazy,  
can be our teacher.”

— Pema Chodron

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12

This month, I am grateful for ...

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In what ways can I be more present in my life?

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# October

2024

Affirmation:  
I deserve beautiful, harmonious,  
and loving relationships in every  
facet of my life

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

This month, I am grateful for ...

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What helped bring joy and ease into my life this month?

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# November

2024

“Your time is limited, so don’t waste it living someone else’s life.”  
— Steve Jobs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

This month, I am grateful for ...

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What self-care practices can I prepare for when I need it?

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# December

2024

Affirmation:  
I am open and ready to receive  
amazing opportunities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

This month, I am grateful for ...

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After this month, what do I need more of? What do I need less of?

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# DISCOVER YOUR WORD

2024 WORKBOOK

Kate Rivard // Well•Being  
[www.katerivard.com](http://www.katerivard.com)



# *Introduction*

## WHY PICK A WORD?



Welcome! This workbook is designed to guide you in finding a word (or words) that will help inspire you through your journey and support your goals and dreams for the next year. While I don't like setting new years resolutions, I do find value in picking a word. You can't break a word like you can a resolution. Your word is there to support you, inspire you and to make better choices in the next 365 days. If the word doesn't seem to support you at anypoint, you can always change it!

Take what you need and leave the rest from this workbook; if one of the activities isn't helpful, skip it! And try not to rush into picking a word - it should feel genuine for what you need this year. It could take days or months before you find one that suits you.

Enjoy the process!

Your word is  
there to  
support you,  
inspire you  
and to make  
better choices  
in the next 365  
days





## Section 2

# REFLECT

Section 1 has you visualize how you want 2024 to feel. This could help give you ideas on what word could support your goals and dreams for the next year. Section 2 explores what you have coming up in 2024. Perhaps you have some big changes to navigate, or you're aiming for more stability, calm and reflection. Or perhaps you have no idea! Take your time reflecting on the following questions, and it's okay if you don't answer some of them.

1

What is definitely happening in 2024?

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2

What are you hoping will happen in 2024?

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3

What's one goal you've wanted to achieve that you haven't started to pursue yet?

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4

What qualities do you want to nurture in 2024?

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5

What beautiful memories do you want to create in 2024?

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6

What areas of your life are asking for more support or attention?

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7

What is something you want to feel or experience more of?

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8

Write down something you've been wanting to do as if you're already doing it and succeeding with so much happiness

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# Section 3

## FEEL

Embrace	Mindfulness	Devote	Purposeful	Awareness
Thrive	Discover	Joy	Clarity	Energy
Explore	Reflect	Home	Real	Pause
Open	Patience	Slow	Truth	Learn
Nourish	Vitality	Kind	Discipline	Strong
Give	Soar	Stability	Art	Wild
Heal	Calm	Transformation	Yes	Change
Service	Rise	Abundant	Wellness	Motivate
Courage	Accept	Vibrant	Love	More
Peace	Share	Effervescent	Focus	Less
Balance	Roam	Miracles	Knowledge	Conquer
Expand	Harmony	Nurture	Present	Fearless
Shine	Begin	Travel	Restore	Wander
Gratitude	Flow	Integrate	Manifest	Connect
Lead	Radiate	Prosperity	Vulnerable	Boundaries
Magical	Create	Inspire	Safe	_____
Ease	Curious	Becoming	Soul	_____
Strength	Luminous	Confident	Surrender	_____
Brave	Free	Gentle	Vision	_____
Grow	Evolve	Listen	Grace	_____
Release	Support	Observe	Big	_____

# Section 3

## FEEL

On the previous page and from sections 1 + 2, circle any words that resonate with you and what feels right for what you need in 2024. Also pay attention to any words in your day-to-day that appeal to you and add them to the list - from songs, movies, conversations, etc. Pick up to 7 of these words and, in the space below, define them - using the literal definition but also what the word means and feels like to you. How can it support you?



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