

Two white feathers are positioned on either side of the title. One feather is on the left, pointing upwards and to the right. The other is on the right, pointing upwards and to the left. They are both detailed with fine lines representing barbs.

2022 INTENTIONAL GUIDE

Let's start the new year with intention!

*This is a quick guide to help you process last year
and move into the new year.*

BUT, before we get started we have to talk about the elephant in the room, COVID! It's been a hard year for everyone, me included in that. So first, before we can think and plan we need to lament what we lost, and what is and has been painful. Take your time here, breath and write.

Things to Grieve. Write Below.

**Things that brought you
happiness or prosperity.**

**Things that gave you honor
and life.**

Spiritual Practices 2022

These spiritual disciplines come from Robert Foster's book Celebration of Discipline. Write the spiritual practices that came easy last year. What is your current rhythm? Where do you want to grow in your spiritual practices this year?

**Inward- Fasting / Prayer / Meditation/
Study**

Outward- Sabbath / Service / Simplicity / Solitude

**Corporate- Worship / Confession
/Celebration**

Your Body & Relational

Write what you did well and where the Holy Spirit is leading you to grow this year.

Food / Exercise / Rest

Friendships / Marriage / Family

Your Mind/Emotions

Write what you did well then where the Holy Spirit is leading you to grow this year. Be kind to yourself here.

Sleep / Dreams / Inner Thoughts

What Makes You Giggle / Memories to Make

Gratitude / Anxious Thoughts / Friends

