



SETTING INTENTIONS
FOR THE NEW YEAR
2025

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Take some time to reflect on the year that has passed and what you want 2025 to look like. Here are some prompts that may help you to articulate your health and wellbeing goals for the year ahead:

MY GOALS FOR 2025

HEALTH IMPROVEMENTS

NUTRITION

FITNESS/MOVEMENT

OTHER GOALS: HABITS, LIFESTYLE, WELLBEING

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Now think about how achieving these goals will impact your life and the lives of those around you:

MY GOALS FOR 2025

How will your life be improved if you achieve your goals? List as many ways as you can think of. How will life be different?

Who else will benefit and in what way?

What will happen if I do nothing?

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Break down your long-term goals into realistic steps What do you want to achieve in the first few weeks? Think through potential barriers to you succeeding and come up with solutions so you are well prepared.

HEALTH

GOALS

BARRIERS

ACTION (what to change)

NUTRITION

GOALS

BARRIERS

ACTION(what to change)

FITNESS

GOALS

BARRIERS

ACTION(what to change)

OTHER

GOALS

BARRIERS

ACTION(what to change)