



Living With Intention

A Yearly Reflection & Planning Guide

“Integration feels less like discovery and more like honoring the work I’ve done, trusting the person I’ve become, and aligning my actions with my values.”



a bare life

Welcome!

*Take a moment to
pause and breathe.*

This guide is here to help you slow down, reflect, and set the tone for a year that feels deeply aligned with your values.

By making space for what truly matters--whether through reflection, simplifying, or planning--you can begin to live a life of intention, one step at a time.

Together, we'll explore:

**Reflecting on the past year,
Slowing down and creating space,
Simplifying your life, and
Intentionally planning your next steps.**

There's no rush-- this is your journey.
Progress, not perfection.

Ready? Let's begin.

Reflecting on the past year

What were three key lessons from last year?

Think about moments of growth, challenges that shaped you, or unexpected joys that taught you something valuable.

What did I release, embrace, and learn to trust?

Think of mindset shifts, habits, or people that no longer aligned with you--or those that did.



Activity Idea: Draw a timeline of your biggest growth moments in the past year-- what were the turning points?

Slowing Down & Creating Space

Where in my life do I need to slow down?

Think about areas where you feel rushed, stressed, or constantly 'on'.
Is it your schedule, mindset, or how you approach self-care?

What's one way I can create more ease in my day-to-day life?

Examples: simplifying your morning routine, carving out time to rest,
or swapping out something that drains you for something that
restores you.



Activity Idea: Create a "joy menu" of activities that make you feel truly rested, present, or happy-- not productive.

Simplifying My Life

What areas of my life feel cluttered or overwhelming?

Is it your physical space (like a messy desk), your calendar, or habits that don't serve you anymore?

What's one small step I can take to simplify?

Examples: declutter one drawer. set a boundary on social media use, or let go of a commitment that doesn't align with your values.



Activity Idea: Try a one-minute rule-- if something takes less than a minute to clean, put away, or delete, do it now instead of later.

Intentionally Planning My Year

What are my values guiding me this year?

Think about what's important to you-- freedom, creativity, love, simplicity, or something else.

What's one bold leap I want to take?

Examples: starting a new project, pursuing a dream, or making a big life change.

What's one small step I can take toward it today?

Focus on something tangible and achievable, like sending an email, doing research, or setting aside time to plan.



Activity Idea: Write a letter to your future self, celebrating the version of you who fully lived this year with intention.

My Word of the Year

What's one word that will guide me in 2025?

If you're struggling to pick a word, think about how you want to feel in 2025. What energy do you want to bring into your life?



Why did I choose this word?

How does it align with my values and reflect the year I want to create?



Activity Idea: Create a visual collage or Pinterest board around your word. Let it be a guiding light!

Space for Notes

Use this space to jot down any other thoughts, realizations, or intentions.

Thank You!

Thank you for taking the time to reflect and plan with intention. This guide isn't about having everything figured out-- it's about creating space for what truly matters, one step at a time.

Remember, living with intention doesn't have to be perfect. It's about honoring your values, trusting yourself, and embracing joy in the small moments.

You've already taken the first step toward building a year--and a life--that feels authentic and meaningful.

I'm so proud of you.

For more tools and inspiration, visit abarelife.co



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