
THE LAST 33 DAYS OF '22 INTENTIONAL WORKBOOK

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Part 1: The First 11 Months of 2022

Describe 2022 so far in one or two sentences:

When did you feel most alive / in tune / energized?

When did you feel most depleted / bored / overwhelmed?



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Part 2: The Next 33 Days

How do you want to feel the rest of the year?

What can help you feel this way?

(Hint: what things made you feel energized this year? Can you intentionally continue doing those things?)

What is one small step you will take to make this happen?



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Part 3: Looking Ahead to 2023

Describe how you want your 2023 to look:

Now, it's time to make your 2023 theme(s). Use keywords from your answers so far to help guide you:

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