

M|E|A

# Set Your Intentions for 2025

10 questions to help you plant the seeds for an incredible year ahead



**Kari Cardinale**

*Chief Content Officer and Partner*

Welcome to the beginning of what is sure to be another remarkable year.

Before you launch yourself fully into 2025, it's a good idea to take some time to clarify the key intentions you'd like to guide your actions and decisions this year.

This New Year's intention-setting guide offers 10 questions designed to help you mine your most valuable gems from the past year and plant the seeds for your desired experiences in the months to come.

Please note that this is NOT about setting specific goals or resolutions... but rather clarifying how you want the year to look and feel like – and taking steps to cultivate the kind of mindset that will aid you in making your vision a reality.

By taking the time to get clear on the overarching theme or intention you would like to guide your way forward this year, you'll plant the seeds for more consciously created and deeply appreciated experiences in the year ahead.

Here's to a magical 2025,  
*Kari Cardinale*

## *Part 1*

# Crystallize Your Wisdom from the Past Year

Use this simple process and set of questions to look back on everything you went through in the past year and mine the gems of gained insight and understanding from your experiences. Whenever you find yourself having a lot to write about, keep going and see where your thoughts take you. There are no right or wrong answers, only ideas to explore.

### **Step 1: Settle Your Mind**

Spend a few minutes doing a mindfulness exercise or meditation to calm the chattering monkey in your mind and open yourself up to deeper insight. Consider breathing in and out to the words, "just... this..." for instant calming. Even five minutes spent focused on your breathing can quiet your mind and soothe your nerves enormously.

### **Step 2: Remember The Year Past**

Begin with a brainstorm journaling exercise and write down all of the things you remember doing and experiencing over the past year. Don't worry about writing your memories down in order or in perfect sentences and grammar – simply jot them down as they occur to you. Point form and sentence fragments are perfectly fine.

If you find yourself running out of ideas, do a rundown month by month and try to remember the key moments you experienced both in your personal and professional life during those months. Feel free to check your calendar to prompt ideas.

### **Step 3: Consider Your Lessons and Takeaways**

Review your brainstormed list and write down the thoughts that come to mind as you remember experiencing those events and situations.

What leaps out at you? What are the things that you love and enjoy thinking about and what are the things that you wince at and would rather not think about? What lessons and key takeaways occur to you as you think about the experiences you loved and the ones you didn't enjoy at all and would love to avoid or minimize in the future?

Again, don't worry about writing in perfect sentences and grammar – simply jot down your thoughts without editing as they occur to you.

**Step 4: Glean Your Wisdom** | *Journal your answers to the following questions:*

**1** What brought you the most joy this year – and why did it make you so happy?

**2** What was your biggest personal triumph – and why are you proud of it?

**3** What was the bravest thing you did – and what did it teach you about yourself?

**4** What was your biggest mistake – and what did you learn from it?

**5** What are you most grateful for – and who/what do you have to thank for it?

## Step 5: Sit with Your Insights

Spend at least 15 minutes contemplating everything you've just been thinking about and write down any insights you want to take with you into the new year.



## Part 2

# Plant Your Seeds for an Incredible 2025

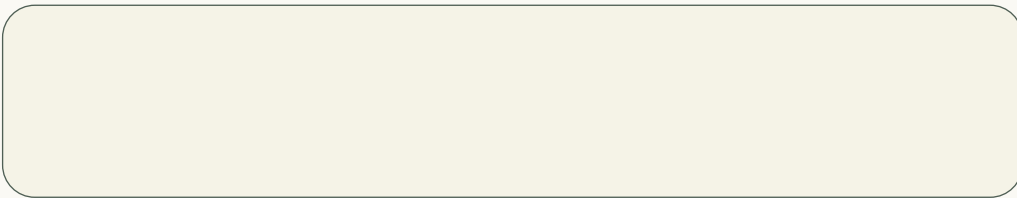
## Step 1: Settle Your Mind

Spend a few minutes doing a mindfulness exercise or meditation to clear your mind and open yourself up to fresh insight.

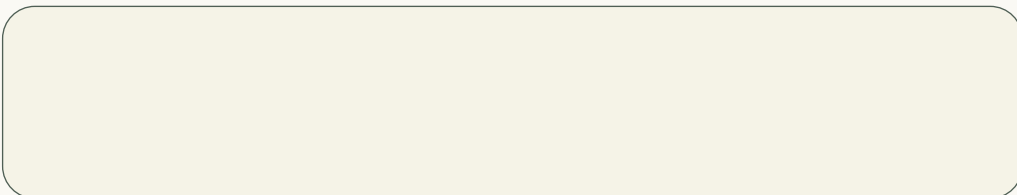
## Step 2: Explore Possibilities

Spend some time micro-journaling your reflections on the questions below to help you prioritize and align your values and intentions for the year ahead:

**1** How do you hope to grow in 2025?



**2** What do you want to experience more of?



**3** What are you ready to release?



**4** How do you want to Feel in 2025?



**5** What are the simple practices you want to embrace as a regular routine to help you flourish?



### **Step 3: Sit with Your Insights**

Take the time to contemplate everything you've just been thinking about and write down any insights you'd like to take with you into 2025. What experiences are you most passionate about prioritizing in the year ahead? What circumstances will allow you to have those experiences more often and what steps can you take this year to create those circumstances?

You may also want to imagine yourself on December 31, 2025, looking back on the year you've just had. What experiences do you imagine "future you" being most grateful for? Record your thoughts in your journal.

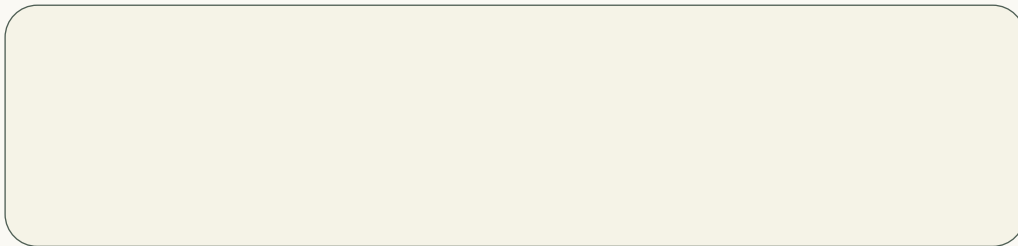
## Step 4: Identify Your Intention for 2025

Based on everything you have just uncovered about your desires for 2025, choose a one- or two-word theme that encapsulates how you want to feel and what you want to experience in the year ahead. (Those who follow the wonderful author Gretchen Rubin will recognize this practice as something she encourages people to do at this time of year.)

Your theme word can be an emotion or a symbol that captures your desired experience in a way that is powerful to you.

For example, your 2025 theme could be something like: freedom, expansiveness, growth, peace, depth, harmony, adventure, beginner's mind, love, relationships, solid foundations, vibrancy, good vibes, evolution, flexibility, purpose, family, beauty, wisdom, nature, spirit, mountains, ocean, climbing, flying, clarity, or...?

Choose a word that resonates deeply with what you want to experience in the months ahead. Your intention for 2025 will be to commit to embodying your theme word as much as possible in your actions and decisions in the year ahead.



## Step 5: Incorporate Your Intention into Your Daily Mindfulness Practice

Then, if you really want to embed your intention into your consciousness, spend a few minutes at the beginning of each day contemplating your theme word and how you plan to embody it in the day ahead. You may even want to write that word and put it somewhere you can see it every day, to keep it top of mind.

For example, you might want to write the word on a sticky note and put it on your coffee machine or bathroom mirror. Perhaps you take a daily awe walk and contemplate how you are living into that word today... get creative!

The beauty of setting intentions rather than rigid resolutions is the freedom to adapt to unexpected situations and changing circumstances while staying true to your deeper purpose. Your intention functions as a compass to guide your choices and help you stay true to your desired experience even when life throws unexpected curve balls your way.

# Interested in taking it further?

If you're ready to take concrete steps toward living your intention for 2025, join us for one of our upcoming live online programs this winter or spring. Whether you're looking to navigate midlife transitions, clarify your life purpose, or reframe retirement and embrace your next chapter, our online programs will give you the tools and practices you need to achieve your goals and thrive.

Browse our online programs here:



We hope we'll see you in the virtual classroom and/or in one of our destination workshops sometime this year!

*Kari, Derek, and the entire MEA Team*