



# THE NEW YEAR RESET 2023

a self-reflection &  
exploration workbook

SAGE & BLOOM



## HOW TO USE THIS WORKBOOK



Print out this workbook or open it in a note-taking app on your tablet



Grab a soothing or refreshing drink



Find a couple of hours of quiet, distraction-free time and space



Bonus points for lighting a candle or an incense to ground you



Work through the prompts at your own pace

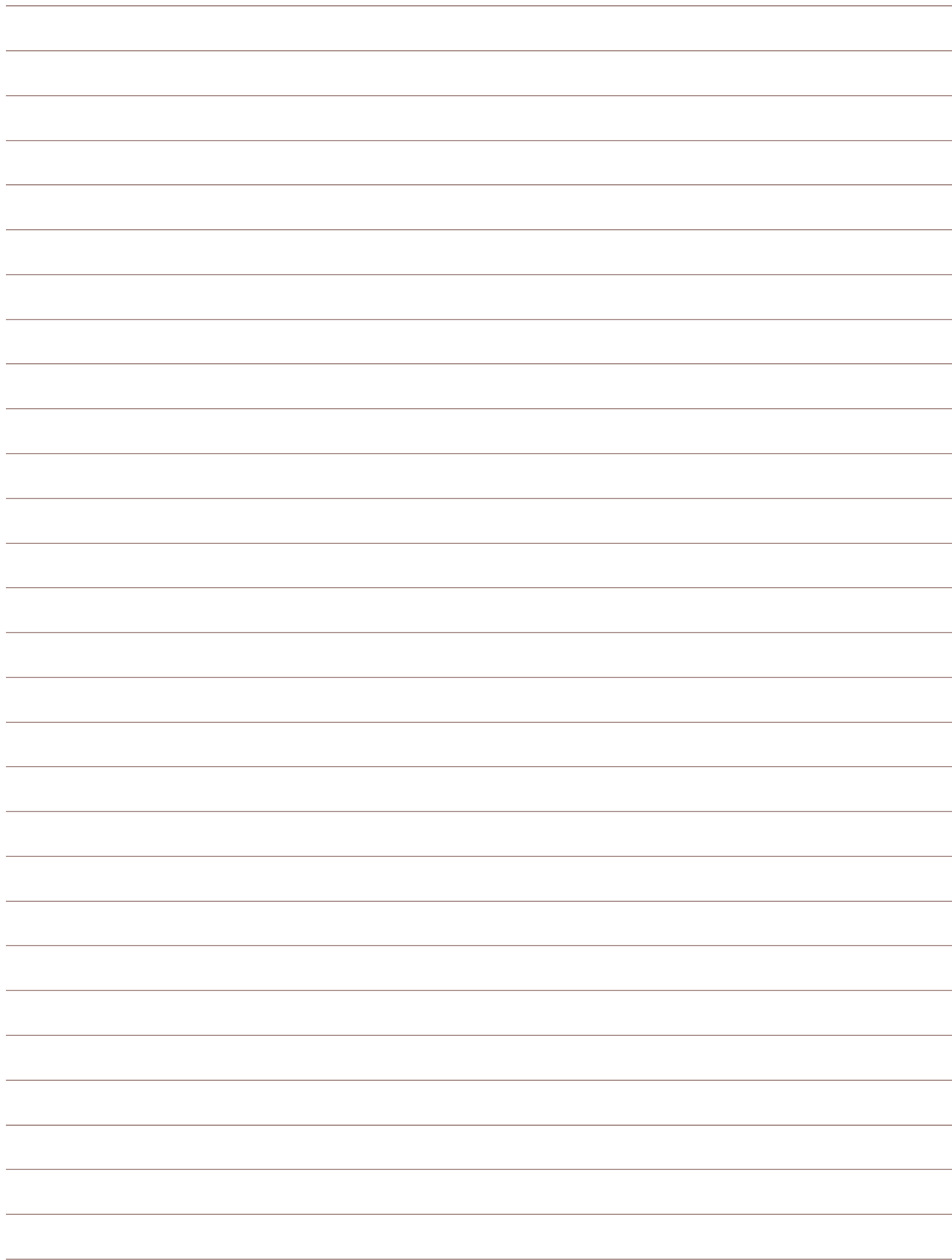


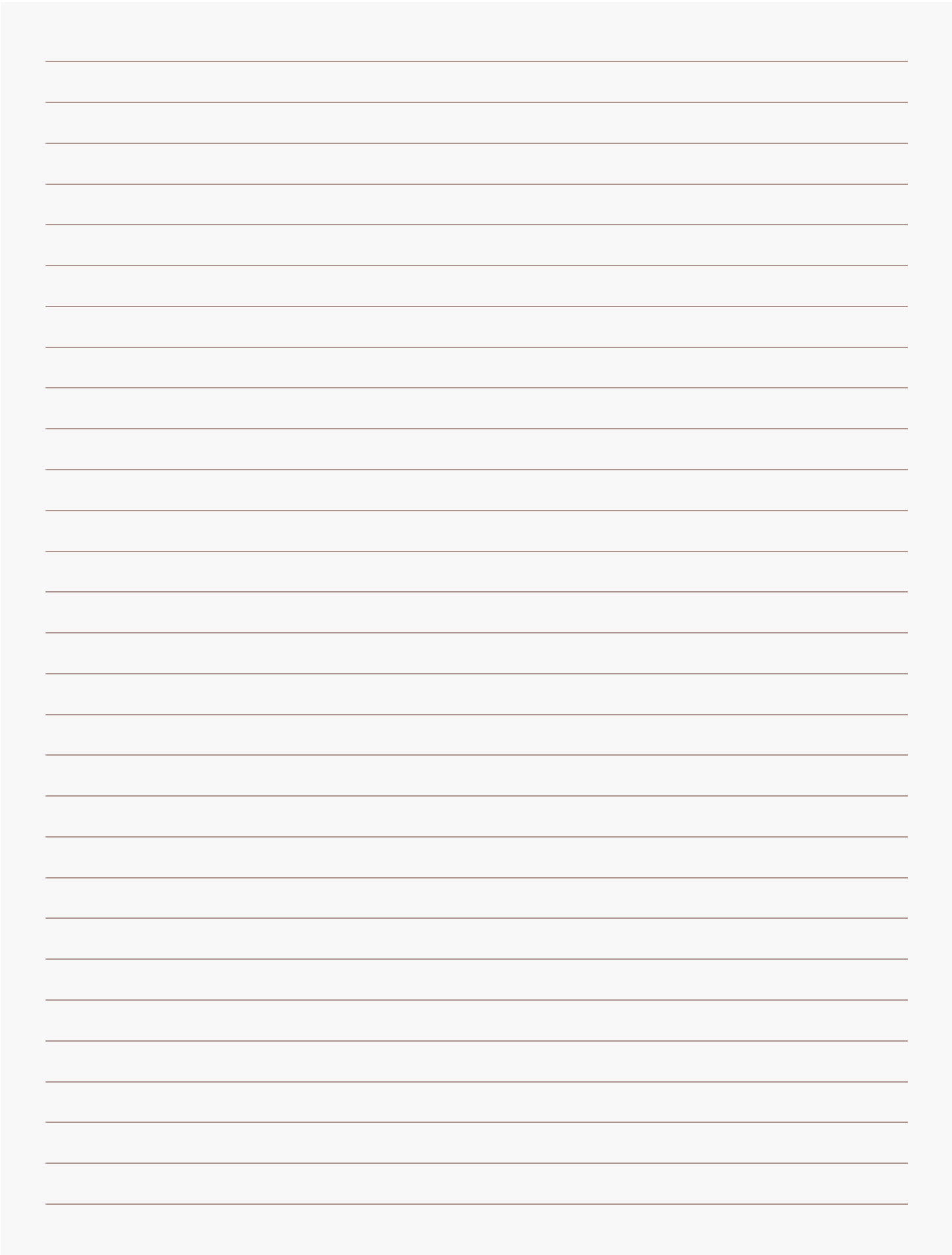
This workbook is your safe space - allow yourself to be vulnerable and open



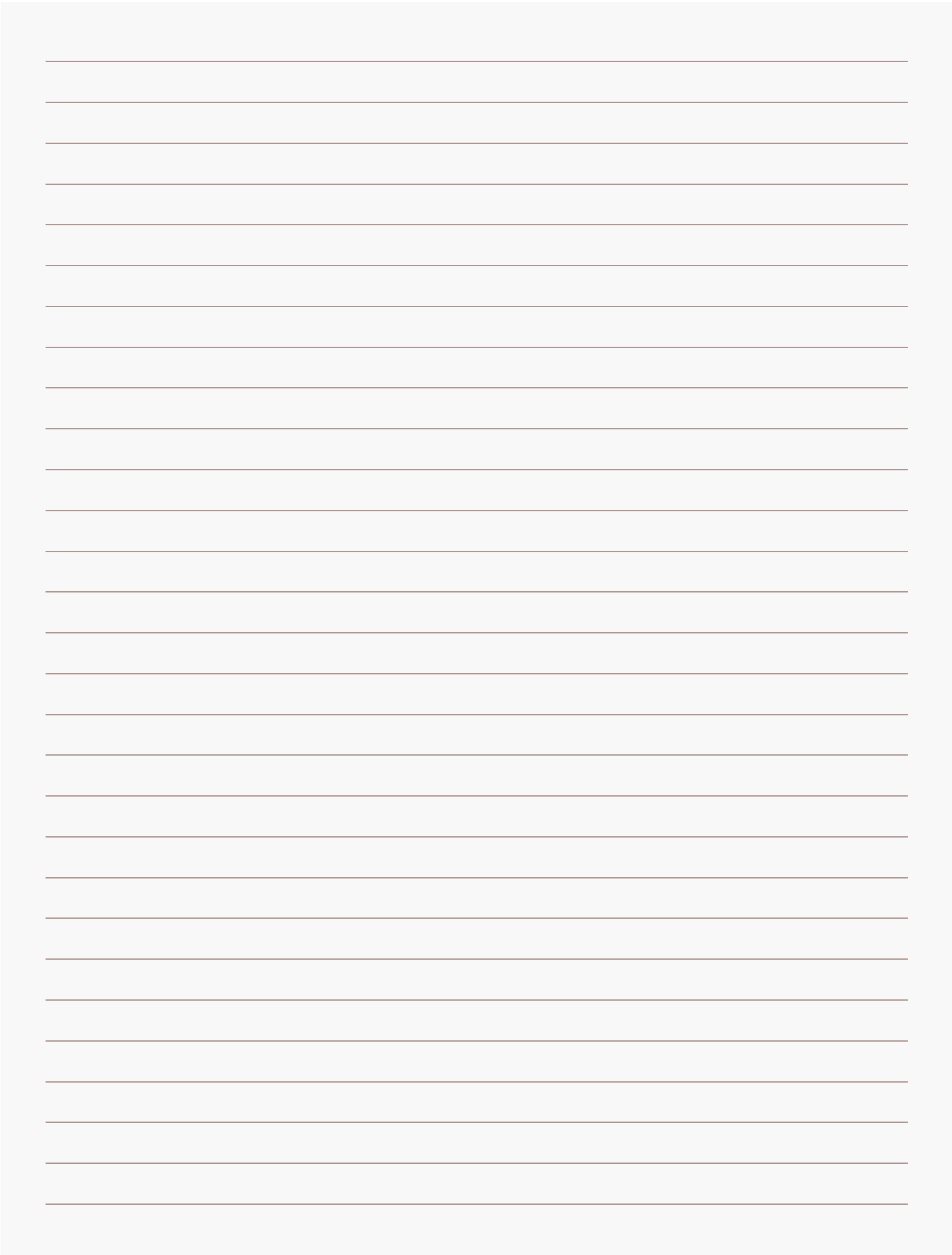
Make space for your big, wild, and audacious dreams







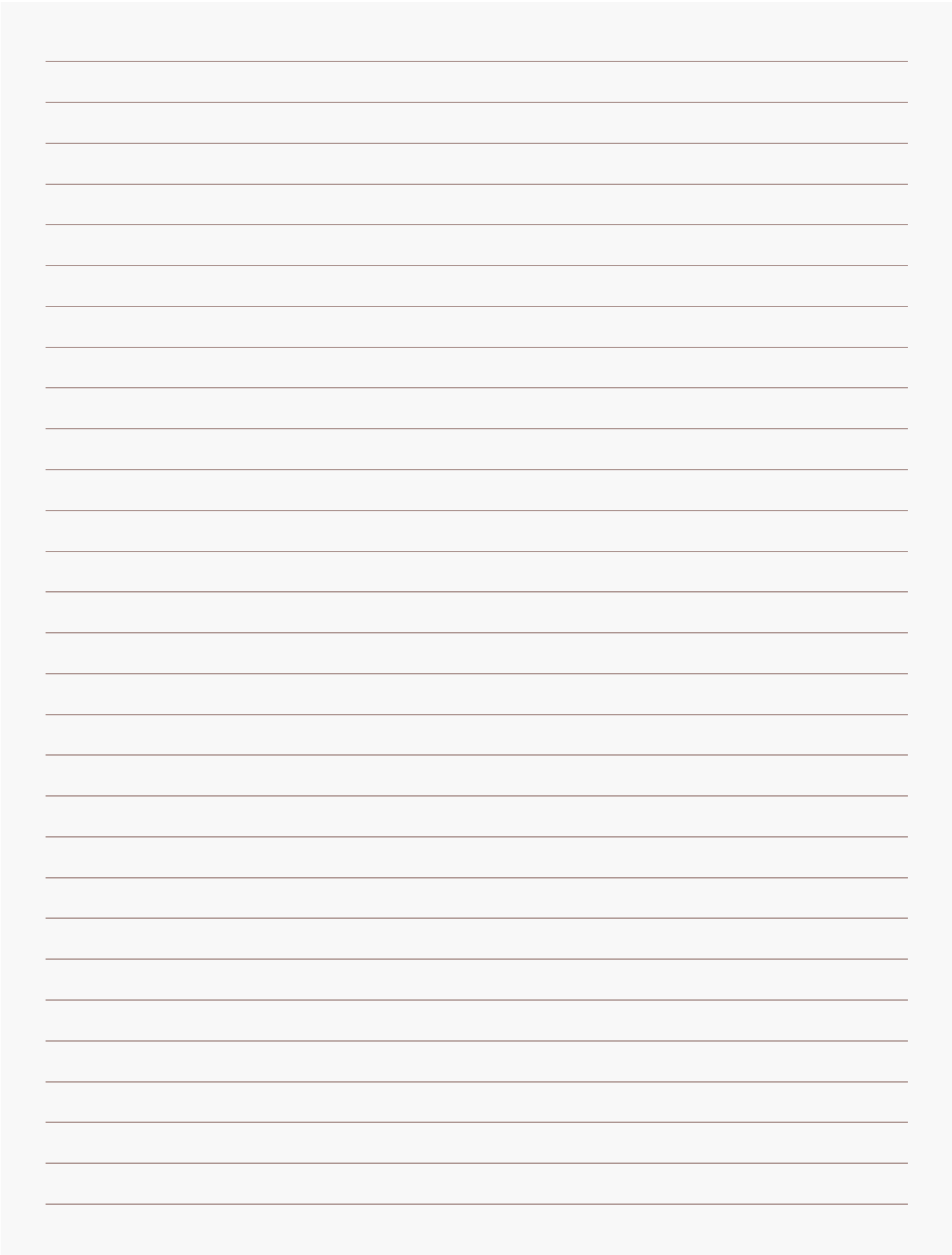








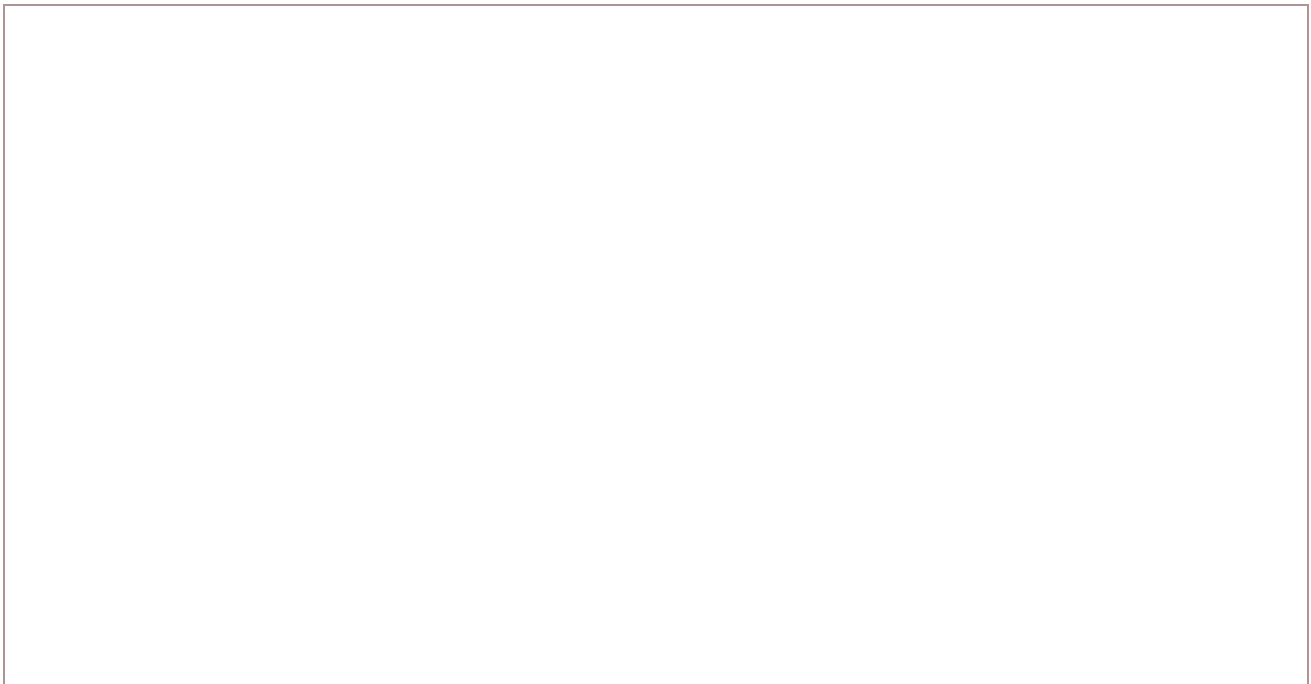




Q. WHAT WAS THE MOST FULFILLING AREA(S) OF YOUR LIFE IN 2022?



Q. IN WHICH AREA(S) OF YOUR LIFE DID YOU STRUGGLE THE MOST LAST YEAR?

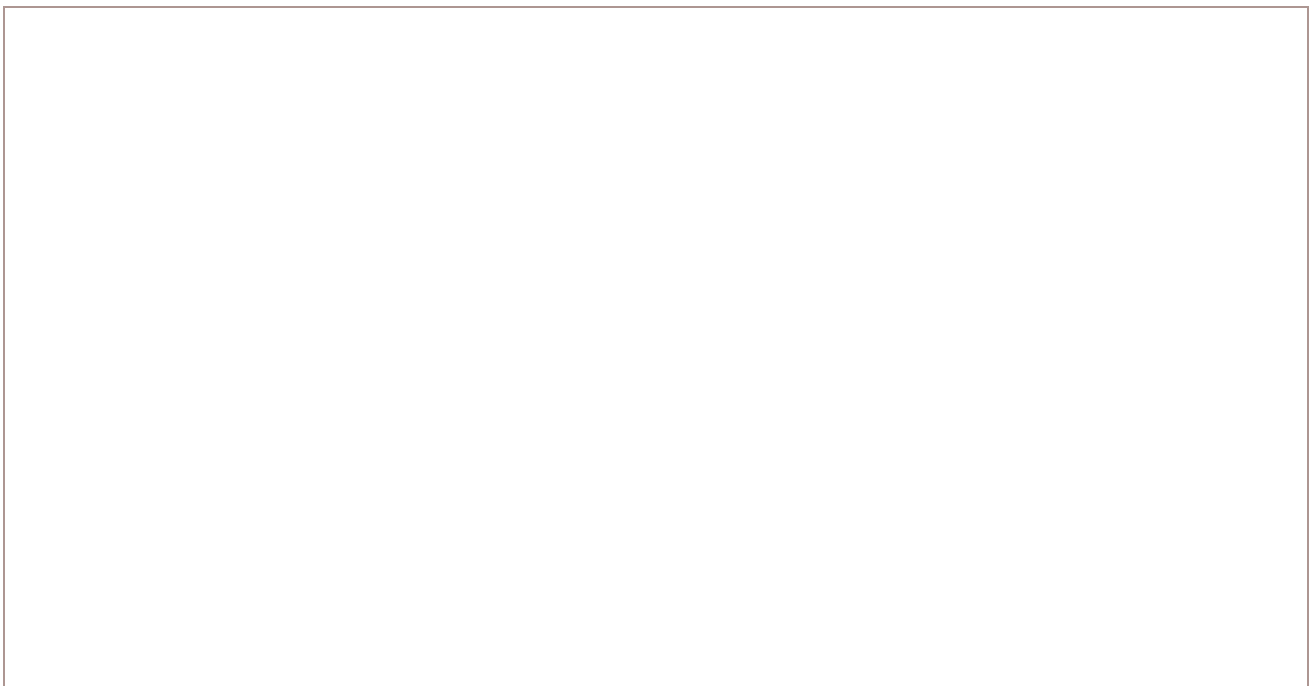


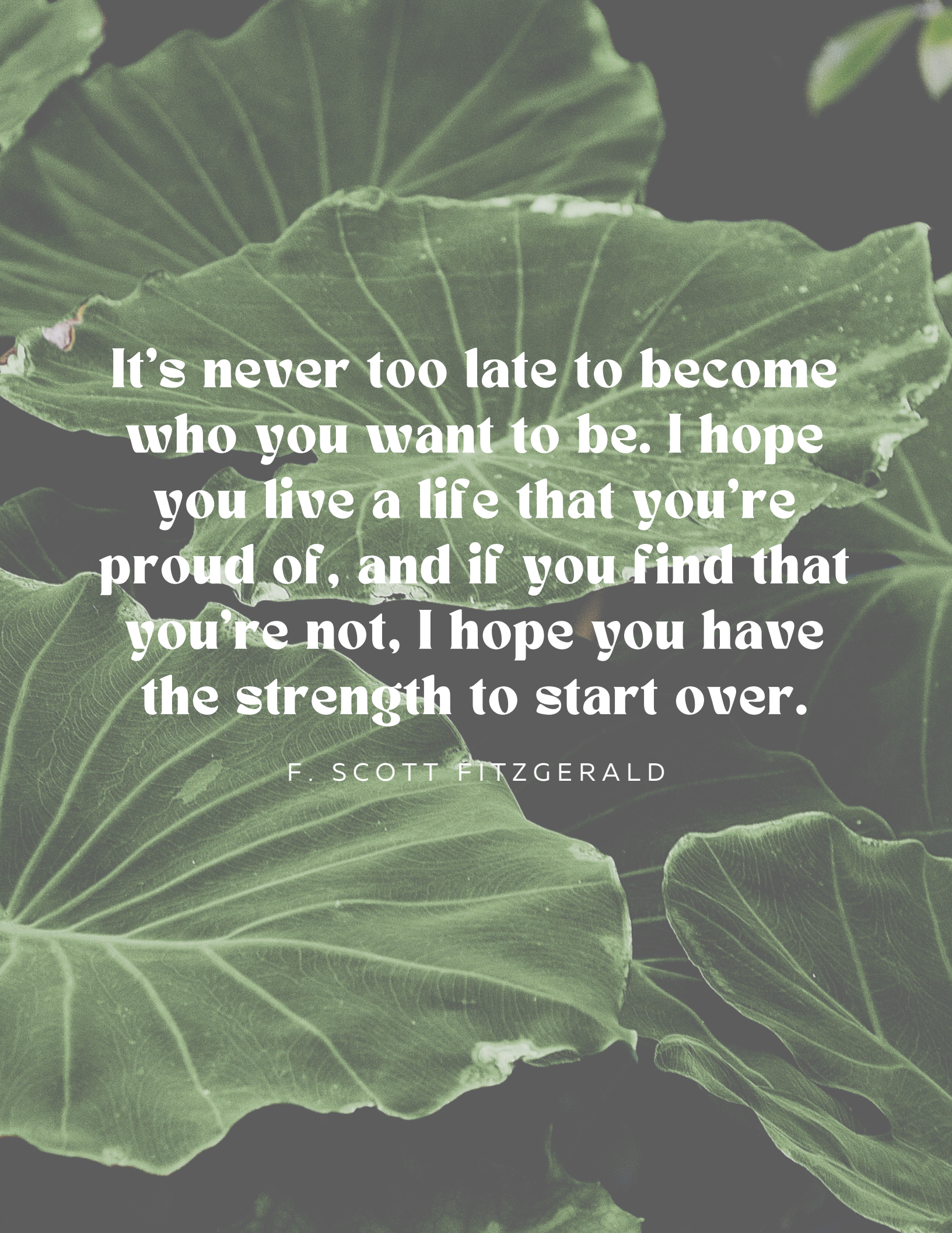


Q. WHAT ARE YOU THANKFUL FOR ABOUT/FROM THE YEAR GONE BY?  
TAKE A MOMENT TO COUNT YOUR BLESSINGS.



Q. HOW HAVE YOU GROWN AS A PERSON IN THIS LAST YEAR?





**It's never too late to become  
who you want to be. I hope  
you live a life that you're  
proud of, and if you find that  
you're not, I hope you have  
the strength to start over.**

F. SCOTT FITZGERALD

# HERE'S LOOKING AT YOU, 2023!

Hopefully, all that looking back was not too hard for you. Take a deep breath now, center yourself, and let go of any mental baggage. Shake off the 2022 juju and make way for the possibility of some unbelievable magic in 2023.

It goes without saying that every single moment is a chance for us to grab life by the horns and start living the life we truly want. But you have to admit, there is something refreshing about the start of a new year that fills us with undeniable hope. That's not to say that there needs to be a big shake-up in your life every new year, but no matter what it is that you desire from the coming year, use this moment to be intentional and thoughtful about it all.

**Q. WHAT IS YOUR MOST POWERFUL INTUITION TELLING YOU AS WE MOVE INTO 2023? HOW CAN YOU FOLLOW THESE INSTINCTS BETTER IN THE NEXT YEAR?**

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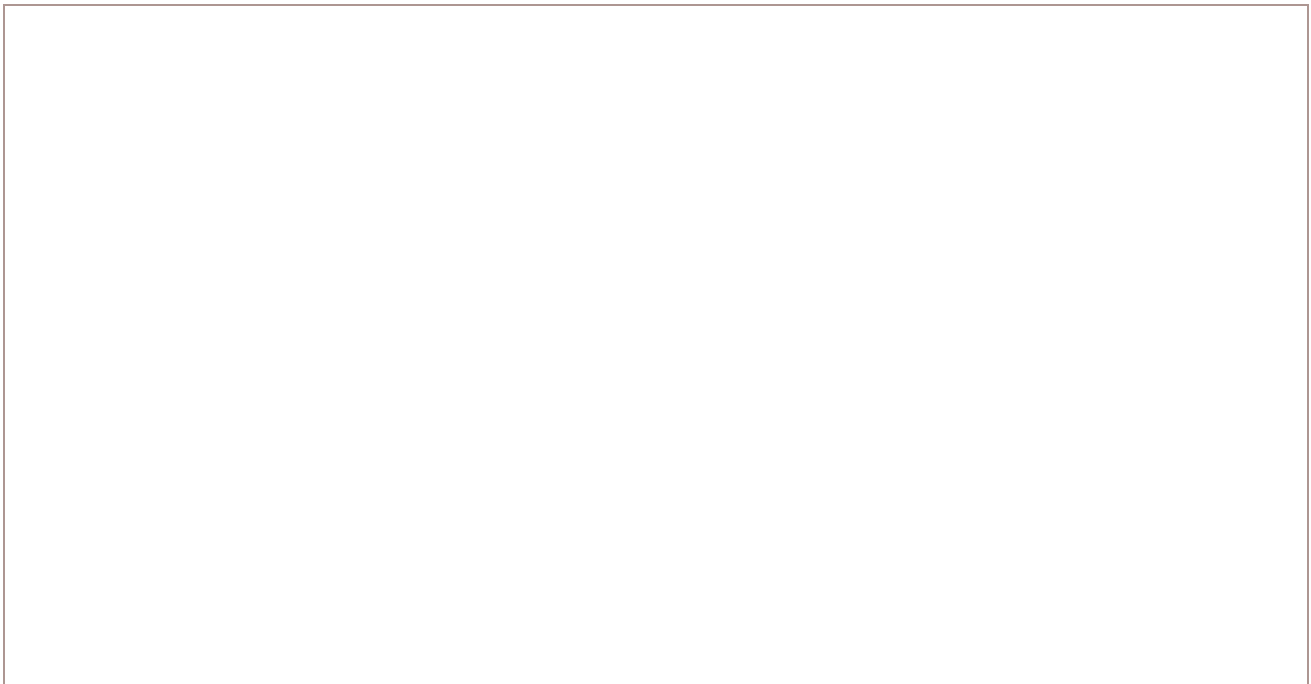
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**Q. WHAT DO YOU WANT TO MAKE ROOM FOR IN THE NEW YEAR?**



**Q. WHAT ARE YOU WILLING TO LET GO OF AS YOU MOVE INTO THE NEW YEAR? HABITS, PEOPLE, ATTITUDE, LIMITING BELIEFS?**

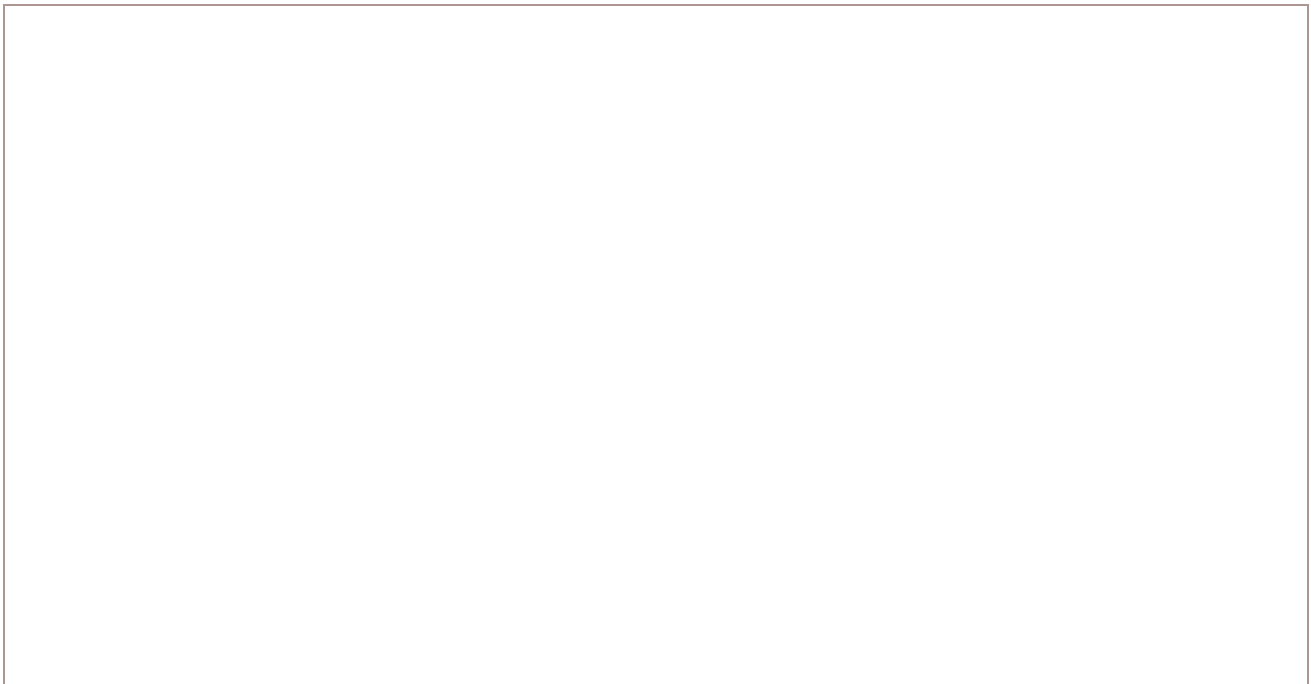




Q. WHEN WAS THE LAST TIME YOU FELT REALLY, TRULY HAPPY? WHAT WERE YOU DOING AT THE TIME?



Q. WHAT CAN YOU DO TO MAKE MORE MOMENTS LIKE THIS HAPPEN FOR YOURSELF IN 2023?





Q. WHAT DO YOU NEED TO DO MORE OF AND LESS OF TO MAKE THIS VISION OF YOURSELF COME ALIVE?

*more*

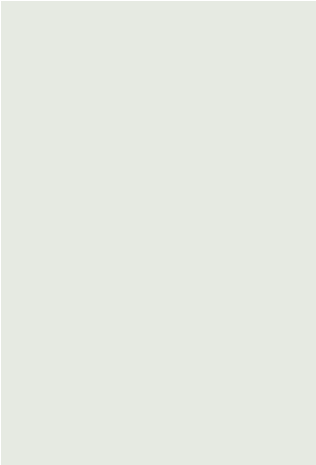
*less*

Q. THINK OF THE FIVE WORDS YOU USED TO DESCRIBE YOUR LIFE IN THE EARLIER EXERCISE. WHEN YOU ARE STANDING AT THE END OF 2023, WOULD YOU WANT TO HAVE DIFFERENT WORDS TO DESCRIBE YOUR LIFE? WHAT WOULD YOUR END-OF-2023 WORDS BE?

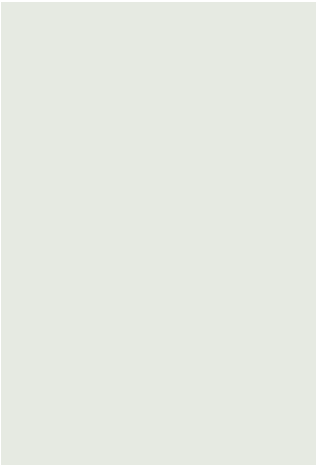

Q. WHAT ARE YOUR TOP 3 PRIORITIES FOR 2023 AND WHY?

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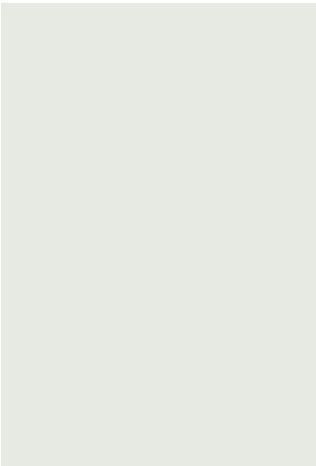
Q.HOW DO YOUR PRIORITIES TRANSLATE INTO 3-5 GOALS/ACTIONABLES?  
HOW WILL YOU BRING THEM TO LIFE? (REFER SAMPLE PAGE FOR IDEAS)



A large empty rectangular box with a thin brown border, intended for writing 3-5 goals and actionable steps.



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## Q. HOW DO YOUR PRIORITIES TRANSLATE INTO 3-5 GOALS/ACTIONABLES? HOW WILL YOU BRING THEM TO LIFE? (Sample Page)

### House Glow Up

1. Recheck list of house projects and spread them out over the year
2. Get quotations for basement remodel
3. Hold garage sale for furniture/other knick-knacks in the summer
4. Complete the bedroom DIY projects during spring break

Notes: aim for quality - we don't have to rush to make any purchases/remodel decisions. ensure that sinking fund is well-funded. get the kids involved in a couple of small projects.

### More time with family

1. Family dinner at the dining table at least 5 nights every week
2. Make 6-9pm on the weekdays non-negotiable family time
3. Not more than 1 work trip a month
4. Take a weekend getaway trip with Tim once every season
5. Get siblings and niblings together for at least a week-long get-together in the summer

Notes: celebrate more of everyday moments. be more present with the kids. find more family activities to do together.

### Finances

1. Revalidate our family's current financial status and make any necessary adjustments
2. Renegotiate my salary at work (have backup details about all my projects and related successes + any internal/external benchmarking information)
3. Pay off car loan early
4. Restart regular monthly index fund investing

Notes: take a serious re-look at all ongoing expenses and cut out any unnecessary subscriptions/fees etc.



Q. WHAT ARE FIVE NEW THINGS YOU'D LIKE TO TRY IN 2023?

Five horizontal light green bars for writing answers.

Q. HOW WILL YOU TAKE CARE OF YOURSELF? WHAT DOES YOUR PERSONAL SELF-CARE KIT LOOK LIKE?

Eleven horizontal lines for writing answers.



**Q. CHOOSE YOUR PERSONAL WORD/PHRASE FOR THE YEAR. THINK OF IT AS YOUR PERSONAL GUIDING LIGHT THROUGH THE YEAR - SOMETHING THAT MAKES YOU FEEL OPEN, WHOLE, EXPANSIVE, AND INSPIRED.**

*Look over your answers from the last few pages and see what words jump out at you. Have any words been coming a lot to you lately? Is there a phrase that seems to be capturing your attention? Is there a guiding word that you need to make 2023 your best year yet?*

*Use the space below to brainstorm, and then finally, choose a positive, inspiring word that fills you up, and feels like just the bit of encouragement that you need.*

*RELATED READING: [What's Your Personal Word of the Year?](#)*

*BONUS CONTENT (DOWNLOAD): [250 Word of the Year Ideas](#)*



*my word for 2023 is:*



*Repeat after me:*

**2023 WILL BE MY YEAR TO SHINE & THRIVE  
& FLOURISH**

**I WHOLEHEARTEDLY BELIEVE THAT  
AMAZING THINGS ARE GOING TO HAPPEN  
IN 2023**

**I AM WORTHY OF ALL MY  
HOPES & DREAMS**

**I ATTRACT THE ABUNDANCE  
THAT I SEEK**

**I AM BLESSED & LOVED & CHERISHED**

**THE UNIVERSE HAS MY BACK**

**I AM CAPABLE OF ACHIEVING ALL THAT  
MY HEART DESIRES**

*sage & bloom*