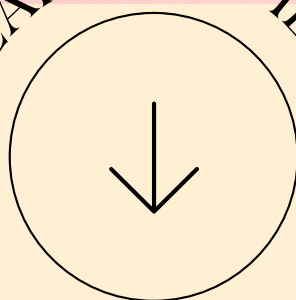


2022 INTENTIONS



YEARLY REVIEW



THE ULTIMATE GRATITUDE & INTENTION SETTING PRACTICE

There is nothing like the fresh start of the new year. A blank slate to build upon. A new beginning to create the life you've been longing to live. Below, I'll walk you through step by step as we complete the gratitude and intention setting practice I've been doing for years. It's definitely work intensive, but so is everything worth having, am I right? Commit to yourself this year by completing your first assignment of 2022. You have nothing to lose and everything to gain.

Let's go!

START THE NEW YEAR OFF RIGHT



GRATITUDE
IS THE NEW
BLACK



THE GAME CHANGING PRACTICE

I've been doing this practice without fail for the last 5 years and I can't think of a more magical to bring in the new year. I always start out with gratitude. I give many thanks and spend time reflecting on all that went well that year before setting any intentions for any new desires. Besides, it's gratitude that makes miracles magnetic.

So let's give thanks!

FOLLOW MORE ON
SOCIAL @BRITTANYBACINSKI

THE PRACTICE

Welcome to the best year yet....

YOUR FIRST ASSIGNMENT

Let's take some time to glance at the year ahead while reflecting on the year that passed. What were some positives? What needed work? What are you excited to call into your life? Let's claim it! The following exercises will give you clarity, focus and that magical shift to have the best year yet!

"The secret of change is to focus all your energy, not fighting the old, but on building the new."

- Socrates





100 things you're grateful for from 2021

It's not as hard as it sounds & take your time. There's got to be 100 things you're grateful for right? Even the breath in your lungs. Nothing is too small for gratitude.



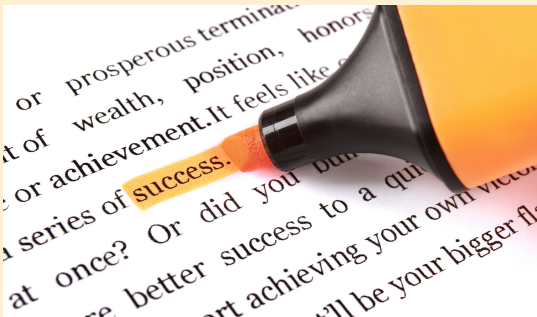
100 things you're calling in for 2022

Think both big and small. Picture the year you're calling in. What does it look and feel like.



A letter to the new you this year

Write a letter to the new you as if it has already taken place. Manifest the nest for yourself!



Pick your word of the year as a mantra

Last year my word was "Brave"...All year i would remind myself of this mantra. And it worked. I was the bravest i'd ever been. Had a surgery I put off for 4 years, took risks in my business and started living a sober focused lifestyle.

100 THINGS I'M GRATEFUL FOR FROM LAST YEAR...



100 THINGS I'M GRATEFUL FOR FROM LAST YEAR...



100 THINGS I'M GRATEFUL FOR FOR THIS NEW YEAR... (CLAIM IT!)



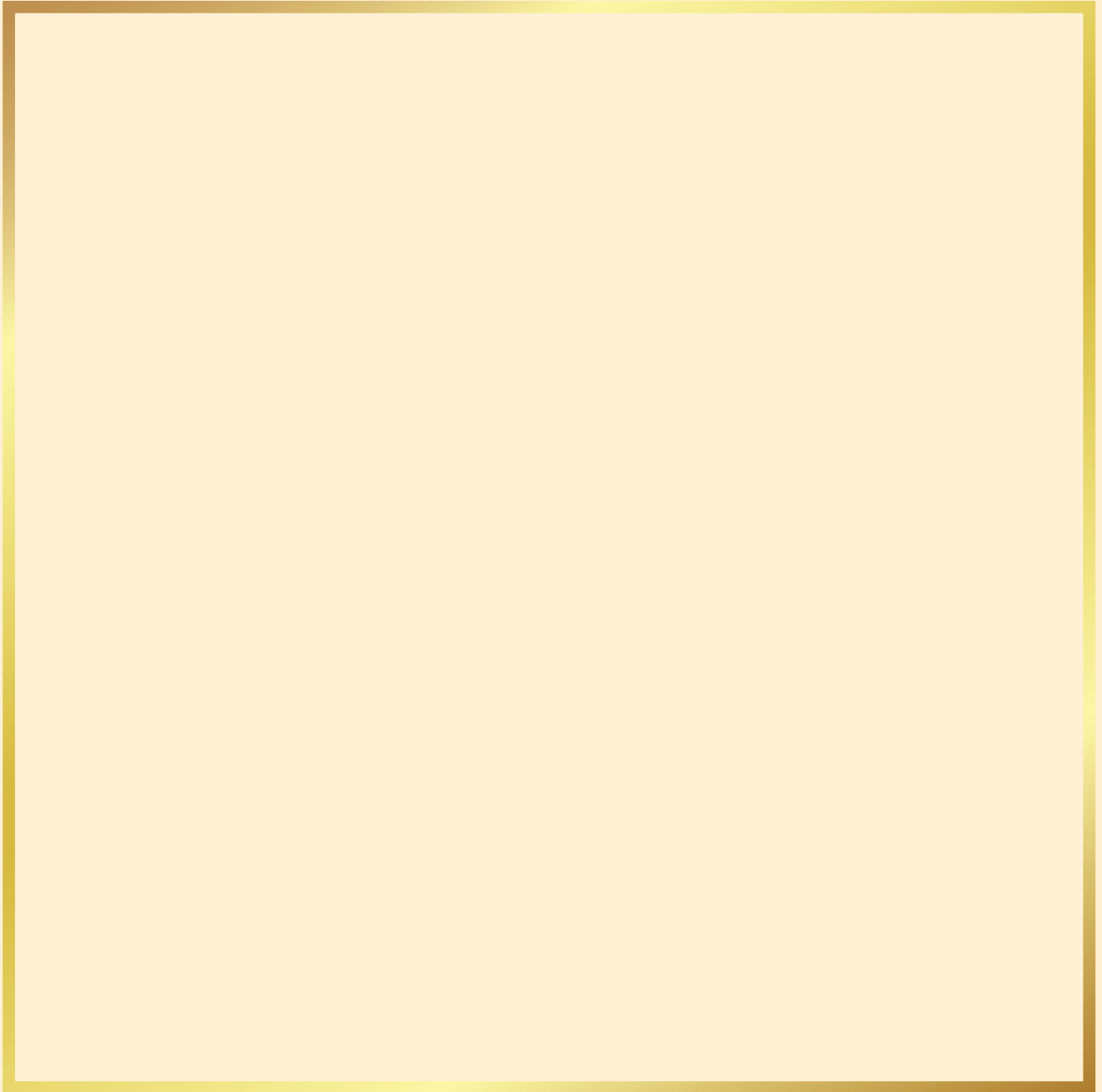
100 THINGS I'M GRATEFUL FOR FOR THIS NEW YEAR... (CLAIM IT!)



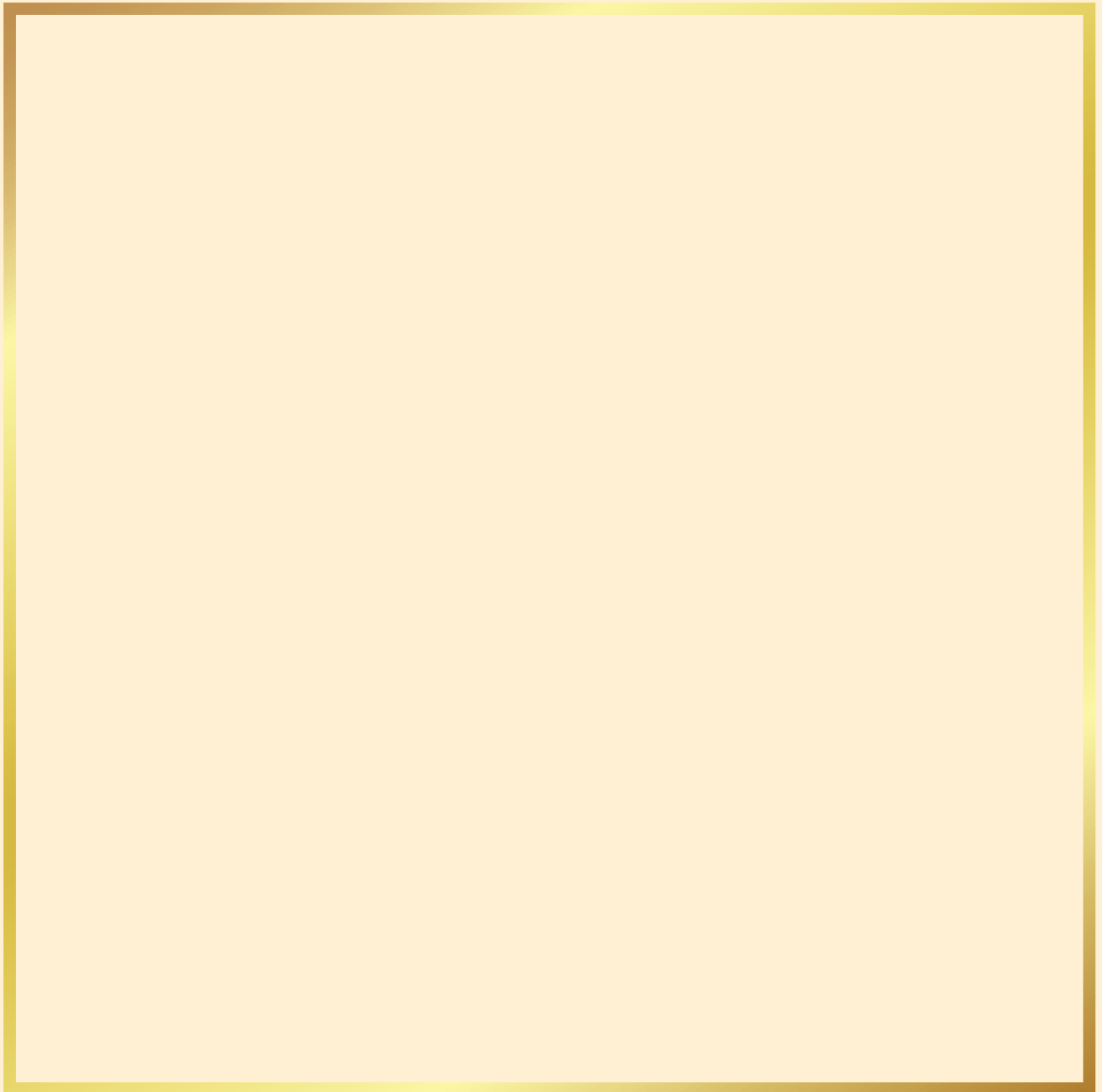
DEAR 2022 ME,

**WITH LOVE &
GRATITUDE,**

MY WORD OF THE YEAR IS...

A large, empty rectangular box with a thin gold border, occupying the lower two-thirds of the page. It is intended for the user to write their word of the year.

MY VISION BOARD FOR 2022 IS...



HEALTH MANTRAS FOR 2022

Write down at least 5 mantras for a healthier you below

MONEY MANTRAS FOR 2022

Write down at least 5 mantras for a wealthier you below

HAPPINESS MANTRAS FOR 2022

Write down at least 5 mantras for a happier you below

EXTRA CREDIT

Going above & beyond... thinking even bigger



EXTRA FOCUS FOR 2022

Journal prompt: Write to your inner child.. What did you used to do for fun and why have you stopped? Can you make a promise to your inner child?

Make 3 specific plans to become more organized in a few different areas of your life. Maybe it's a closet clean out, filing paper, etc. Clear out the old to make space for the new!

Set 3 big goals for the year..
Pro Tip: The goal should scare you a little!

*"Ask for what you want
and be prepared to get it."*

Maya Angelou

INNER CHILD JOURNAL PROMPT

Write down at least 5 mantras for a happier you below

MY THREE BIG GOALS FOR THE YEAR ARE...

Write down 3 of your new goals for the year below

MY THREE PLANS TO GET MORE ORGANIZED ARE...

Write down 3 of your new organizational plans for the new year below

PICTURE 2022 PERFECTLY

To make this possible, we're getting super specific...
and we are thinking both BIG and small



It all comes down to a feeling. The energy of how
you want to feel. Set the intentions, take inspired
action and surrender, knowing you are fully guided
and protected into the new year and beyond.
Great work! I can't wait to see what's in store for you
next! You've got this.

xoxo

Brittany Bacinski

EXTRA TOOLS

MAKE IT A HIGH VIBE AND HEALTHY YEAR

If you're ready to take control of your life, own your daily vibration, hold yourself accountable for your energy and finally shift from a dreamer to a do-er, the Daily Vibe Energy Journal is for you. A 90-day daily energy journal with creative and spiritually charged prompts that help you truly check your vibe and manifest your goals and dreams at a rapid speed. Available now on Amazon.com

BEGIN WITH HEALING

This book harnesses the most potent and healing medicine. Inside, you will find the tools you need to live well, spiritual and free by bridging together the 5 Pillars of All Good Juju: Emotional Wellness, Creative Wellness, Mental Wellness, Physical Wellness and Spiritual Wellness. Available on Amazon.com



TUNE INTO MY PODCAST

Brittany Bacinski shows up (most likely un-showered + unfiltered) to share REAL stories of spirituality, health + wellness, raw motherhood, personal development, intuitive eating, creativity, & all things high-vibe. Available now on Itunes, apple podcast & spotify!

FOR MORE TOOLS OR PRODUCT RECO'S VISIT
MY WEBSITE WWW.BRITTANYBACINSKI.COM