



NEW YEAR'S *Intentions* COMPANION

REFLECT, RESET & SET
MEANINGFUL INTENTIONS
FOR A YEAR FILLED WITH
PURPOSE, JOY & BALANCE



OUR LITTLE HOUSE

in the Country



WELCOME

TO YOUR

New Year's Intentions Companion

This is not a planner for resolutions.
It is not about becoming someone new.
It is not about fixing what isn't broken.

This companion is an invitation to pause. To breathe. To look back with kindness and look ahead with hope. To choose, gently and intentionally, the kind of year you would like to create for yourself.

It's about how you want the days ahead to feel — in your home, in your heart, in your body, in your relationships, and in the quiet in-between moments that so often become the memories we treasure most.

Within these pages, you will find space to reflect on the year that's been, to dream a little about what you'd love more of, to release what no longer serves you, and to set intentions that are rooted in your values and your well-being — not in pressure, perfection, or comparison.

There is no right way to use this companion. Move through it slowly. Return to the pages that speak to you. Take what you need and leave the rest.



A new year does not ask you to be more.
It simply invites you to be more of you.
More present. More gentle. More aligned.
More at home in your own life.

May this companion be a gentle guide
as you begin again — not from scratch,
but from a place of wisdom, self-respect,
and quiet hope.

*You are exactly where you need to be.
Let's begin.*



*Small steps.
Kind choices.
Intentional days.
A beautiful year.*

HOW TO USE THIS COMPANION



- ♥ *Create a peaceful space*
Find a quiet moment with a warm drink, a candle, and no distractions. This is your time to slow down.
- ♥ *Move at your own pace*
There is no rush. You might complete it in a few days, or return to it throughout the season.
- ♥ *Be honest and kind*
There are no wrong answers here. Write freely, without judgment. This is for you, and you alone.
- ♥ *Return whenever you need to*
This companion is here for the whole year ahead. Come back to it whenever you need clarity, comfort, or a gentle reminder of what matters most.





LOOKING BACK *with Kindness*



A GENTLE REFLECTION ON THE YEAR THAT'S BEEN

*Before we look ahead, let's take a moment to pause.
To breathe, to remember and to reflect — with gratitude and gentleness.*

*This page isn't about achievements or proving anything.
It's simply an invitation to notice the moments, people and lessons
that have shaped your days and made this year your own.*



A MOMENT THAT
MADE ME SMILE

A memory that still makes me happy...



SOMETHING I'M QUIETLY
PROUD OF

A step I took, big or small...



A CHALLENGE THAT
TAUGHT ME SOMETHING

And what I learned from it...



SOMEONE WHO MADE
MY YEAR BRIGHTER

The people who brought light to my days...



A SEASON I'LL ALWAYS
REMEMBER

A time that felt especially meaningful...



SOMETHING I NEVER WANT
TO FORGET

A feeling, a place, a moment...



ONE WORD TO DESCRIBE MY YEAR

What word captures the heart of your year?
Choose the word that feels truest to you...

*Every year holds its own beauty.
Every season leaves something behind for us to carry forward.*





HOW DO I WANT *this year to feel?*



This isn't about changing who you are or becoming someone new.
It's about choosing how you want to feel in the days ahead.
When we know how we want to feel, it becomes easier
to make small choices that support that feeling every day.



♥ WHAT I MOST WANT THIS YEAR TO FEEL LIKE





I WANT TO FEEL MORE CONNECTED WITH...



Myself _____
My partner _____
My children _____
My family _____
My friends _____
My community _____
Something greater than me _____
Other: _____



HOW I CAN NURTURE THESE FEELINGS THROUGHOUT MY YEAR





HOW TO USE THIS PAGE



Take a quiet moment
to imagine your year
unfolding just as you
would love it to.



Focus on feelings,
not achievements.
How do you want to
feel most days?



Use the words and
phrases here for inspiration
or write your own.
There are no wrong answers.
This is your vision.

♥ FEELINGS THAT MIGHT GUIDE MY YEAR



calmer	healthier	more connected	more present
creative	inspired	curious	confident
peaceful	joyful	hopeful	optimistic
grateful	content	free	authentic
adventurous	courageous	kind	compassionate
rested	balanced	focused	motivated
playful	spontaneous	patient	trusting
nourished	grounded	generous	light-hearted
purposeful	aligned	fulfilled	open-hearted
safe	supported	loved	strong
gentle	slow	simple	at home
wild	wonder-filled	faithful	conscious

Or choose your own words that feel true for you.



When I choose how I want to feel,
I create a year that feels like home.



HOME



WHAT I WANT

More Of

THIS YEAR



When we choose what we want more of,
we gently guide our days in a meaningful direction.
Fill in each area with the things, feelings and experiences
you want to invite in and nurture this year.



RELATIONSHIPS





HEALTH & WELLBEING



HOW TO USE THIS PAGE



Take a few quiet moments
to dream about what would
make your year feel richer,
fuller and more like you.



Think in terms of feelings,
experiences and simple things
that bring you joy.



There are no right or wrong
answers – this is your list,
for your life, on your terms.



Return to this page
throughout the year and add
to it as your heart evolves.



LEARNING & GROWTH





NATURE





CREATIVITY & JOY





EXPERIENCES & ADVENTURES





REST & RENEWAL





SIMPLE PLEASURES



When you focus on what you want more of,
you create a life that feels abundant in all the little ways.



WHAT I WANT More Of THIS YEAR

• PAGE 2 •

Use this page to explore your intentions more deeply.

Write freely, dream a little, and imagine what more of these things could look like in your year.



HOME



RELATIONSHIPS



HEALTH & WELLBEING



LEARNING & GROWTH



NATURE



CREATIVITY & JOY



EXPERIENCES & ADVENTURES



REST & RENEWAL



SIMPLE PLEASURES



*Choose more of what
soulfully nourishes you.
You deserve it.*



HOW TO USE THIS PAGE

Think about the things, habits, patterns and mindsets that leave you feeling drained, stuck or unsettled.

Write them here so that you can consciously let them go.

You are not being harsh with yourself – you are choosing peace, clarity and room to breathe.

WHAT I WANT *Less Of* THIS YEAR

As we welcome a new year, it feels good to gently release what no longer serves us. Letting go creates space for the things that truly matter.

HABITS I WANT TO LET GO OF

MINDSETS I WANT TO RELEASE

THINGS THAT DRAIN MY ENERGY

BEHAVIORS OR PATTERNS THAT NO LONGER SERVE ME

IDEAS TO HELP YOU REFLECT

overthinking	dwelling on mistakes
self doubt	holding grudges
people pleasing	fear of change
comparing myself	limiting beliefs
toxic relationships	seeking approval
guilt or shame	busyness
negative self talk	stress & tension
procrastination	drama & chaos
perfectionism	complaining
saying yes too much	judging others
clutter & mess	negativity
digital overload	old resentments
mindless scrolling	unrealistic expectations
late nights	anything that keeps me small
rushing	
replaying the past	

OTHER THINGS I'M READY TO LEAVE BEHIND

The less we carry, the lighter we feel.

*I release what I no longer need
and make space for what truly matters.*



HOW TO USE THIS PAGE

Take a few quiet moments
to reflect on what feels
important to you this year.

Complete each sentence
in a way that feels honest
and kind to yourself.

There are no right or
wrong answers.
These are your intentions
— not rules.

Return to this page often
to remind yourself of the
year you want to create.



MY GENTLE *Intentions* FOR THIS YEAR

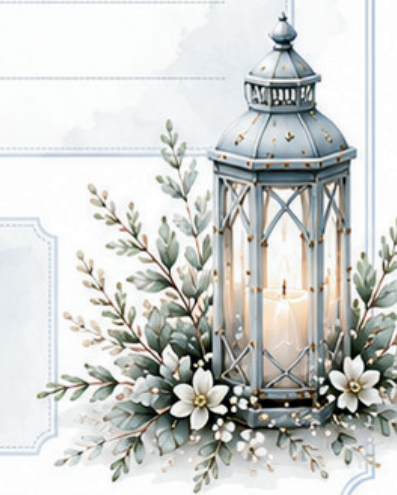
Intentions are gentle choices we make for ourselves.
They guide us, support us and help us grow in
beautiful, meaningful ways.

- 
1. This year, I intend to _____
 2. I want to give more time and energy to _____
 3. I want to be more _____
 4. I want to nurture _____
 5. I want to release _____
 6. I want to create more moments of _____
 7. I want to remember to _____
 8. I want to choose _____
 9. I want to keep showing up for _____
 10. I want to trust _____



May these gentle intentions guide you,
support you and remind you of what truly matters.

You are allowed to grow at your own pace.





TINY HABITS

Make a Big Difference



WHY TINY HABITS MATTER

Our days are shaped not by huge, sweeping changes but by the small things we do again and again. Tiny habits are simple actions that fit easily into real life. They feel doable, not overwhelming – and that's what makes them powerful.

These small choices build momentum, boost confidence and gently shift our mood, energy and outlook over time. Little by little, they create a year that feels calmer, more joyful and more like you.

THE IMPACT THEY CAN HAVE



Reduce stress
and overwhelm



Build confidence
and self-trust



Create more joy
in everyday life



Support your
health and energy



Help you feel more
present and grateful

HOW TO USE THIS PAGE

Choose a few tiny habits that speak to you. Start small – one or two is enough. Link each habit to a time or moment in your day that already exists, such as after your morning coffee or before bed.

Be kind and patient with yourself. Tiny steps, taken often, create the biggest change.

*Small things,
done consistently,
create beautiful lives.*

TINY HABIT IDEAS TO INSPIRE YOU



Morning Moments

Take 5 quiet minutes to breathe, stretch or sit with a cup of tea before the day begins.



Gratitude Practice

Write down 3 things you're grateful for each day. It shifts your focus to what's good.



Move Your Body

A short walk, stretch or dance to a song. Movement lifts your mood and energy.



Read a Few Pages

Enjoy a few pages of a book you love. Nourish your mind with something meaningful.



Hydrate Gently

Drink more water throughout the day. Small sips add up and support your wellbeing.



Mindful Check-In

Pause and ask yourself, "How am I feeling?" A moment of awareness can change your whole day.



Declutter a Little

Tidy one small space for 5 minutes. A clear space often creates a clearer mind.



Evening Wind-Down

Create a calming bedtime routine that helps you relax and sleep well.



Kind Words Only

Speak to yourself with kindness. Your inner voice matters.



Connect Daily

Reach out, send a message or share a kind word. Small connections mean a lot.



*Tiny habits may seem small today,
but one day you'll look back and see how they changed everything.*





MY SEASONAL YEAR

A Year of Beauty, Growth & Intention



Each season offers something different and meaningful.
Take a moment to reflect on what you hope each season brings –
in terms of how you want to feel and the things you look forward to.

SPRING

A season of new beginnings



♥ How do I want to feel in spring?

★ What I have to look forward to in spring:

SUMMER

A season of sunshine & adventure



♥ How do I want to feel in summer?

★ What I have to look forward to in summer:

AUTUMN

A season of change & gratitude



♥ How do I want to feel in autumn?

★ What I have to look forward to in autumn:

WINTER

A season of rest & reflection



♥ How do I want to feel in winter?

★ What I have to look forward to in winter:

As the seasons change, may you give yourself
grace, stay grounded in what matters
and find beauty in each moment of the year.





A YEAR OF Gentle Adventures



52 LITTLE ADVENTURES FOR A BEAUTIFUL YEAR

This is not a bucket list and not a checklist. It's a collection of gentle adventures – simple experiences that bring joy, connection, wonder and meaning to everyday life.

One for each week of the year, if you wish. Use it for inspiration, not pressure.

Adapt them, add your own, and follow what calls to you.



*Life is not about making every moment extraordinary,
but about noticing the beauty in the ordinary.*

- | | | | |
|---|---|---|---|
| ☐ 1. Watch the sunrise | ☐ 27. Cook with seasonal ingredients | ☐ 1. Watch the sunrise | ☐ 27. Cook with seasonal ingredients |
| ☐ 2. Take a different route | ☐ 28. Go on a coffee date | ☐ 2. Take a different route | ☐ 28. Go on a coffee date |
| ☐ 3. Go for a barefoot walk | ☐ 29. Visit a bookshop | ☐ 3. Go for a barefoot walk | ☐ 29. Visit a bookshop |
| ☐ 4. Enjoy a picnic outdoors | ☐ 30. Do something just for you | ☐ 4. Enjoy a picnic outdoors | ☐ 30. Do something just for you |
| ☐ 5. Visit a local market | ☐ 31. Say yes to an invitation | ☐ 5. Visit a local market | ☐ 31. Say yes to an invitation |
| ☐ 6. Read in a cosy corner | ☐ 32. Declutter a small space | ☐ 6. Read in a cosy corner | ☐ 32. Declutter a small space |
| ☐ 7. Try a new recipe | ☐ 33. Watch a favourite film | ☐ 7. Try a new recipe | ☐ 33. Watch a favourite film |
| ☐ 8. Have a phone-free afternoon | ☐ 34. Try a new hobby | ☐ 8. Have a phone-free afternoon | ☐ 34. Try a new hobby |
| ☐ 9. Write a letter | ☐ 35. Go for a bike ride | ☐ 9. Write a letter | ☐ 35. Go for a bike ride |
| ☐ 10. Explore somewhere new | ☐ 36. Have a candlelit evening | ☐ 10. Explore somewhere new | ☐ 36. Have a candlelit evening |
| ☐ 11. Visit the library | ☐ 37. Visit a quaint little town | ☐ 11. Visit the library | ☐ 37. Visit a quaint little town |
| ☐ 12. Make something by hand | ☐ 38. Make a homemade treat | ☐ 12. Make something by hand | ☐ 38. Make a homemade treat |
| ☐ 13. Go on a nature walk | ☐ 39. Sit and do nothing | ☐ 13. Go on a nature walk | ☐ 39. Sit and do nothing |
| ☐ 14. Take a day trip | ☐ 40. Go cloud watching | ☐ 14. Take a day trip | ☐ 40. Go cloud watching |
| ☐ 15. Have a slow morning | ☐ 41. Buy flowers for yourself | ☐ 15. Have a slow morning | ☐ 41. Buy flowers for yourself |
| ☐ 16. Watch the stars | ☐ 42. Enjoy a slow Sunday | ☐ 16. Watch the stars | ☐ 42. Enjoy a slow Sunday |
| ☐ 17. Visit a museum or gallery | ☐ 43. Visit a farmers' market | ☐ 17. Visit a museum or gallery | ☐ 43. Visit a farmers' market |
| ☐ 18. Have afternoon tea | ☐ 44. Have a creative day | ☐ 18. Have afternoon tea | ☐ 44. Have a creative day |
| ☐ 19. Plant something | ☐ 45. Go somewhere green | ☐ 19. Plant something | ☐ 45. Go somewhere green |
| ☐ 20. Take lots of photos | ☐ 46. Try a new café | ☐ 20. Take lots of photos | ☐ 46. Try a new café |
| ☐ 21. Listen to an old album | ☐ 47. Revisit a favourite place | ☐ 21. Listen to an old album | ☐ 47. Revisit a favourite place |
| ☐ 22. Enjoy a long bath | ☐ 48. Have a games night | ☐ 22. Enjoy a long bath | ☐ 48. Have a games night |
| ☐ 23. Go somewhere by train | ☐ 49. Take a scenic drive | ☐ 23. Go somewhere by train | ☐ 49. Take a scenic drive |
| ☐ 24. Spend time by the water | ☐ 50. Spend time with animals | ☐ 24. Spend time by the water | ☐ 50. Spend time with animals |
| ☐ 25. Visit a garden or park | ☐ 51. Do a random act of kindness | ☐ 25. Visit a garden or park | ☐ 51. Do a random act of kindness |
| ☐ 26. Learn something new | ☐ 52. Celebrate how far you've come | ☐ 26. Learn something new | ☐ 52. Celebrate how far you've come |



Tiny adventures create beautiful ripples in our days.

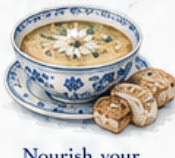
Choose what feels right, let go of what doesn't,
and allow the year to unfold in its own gentle way.



January Intentions

31 Gentle Invitations for a New Year

Small, meaningful moments can shape a beautiful year.
Take a deep breath, go gently, and let this month be a soft beginning.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1  Set a gentle intention for the year ahead.	2  Take a few moments to journal.	3  Create a calm morning routine.	4  Do something kind for yourself.	5  Step outside and notice the season.	6  Enjoy a slow morning with no rush.	7  Bring a little nature into your home.
8  Let go of something that no longer serves you.	9  Move your body in a way that feels good.	10  Take time to dream and visualise.	11  Warm up with your favourite hot drink.	12  Read a few pages of a good book.	13  Nourish your body with something simple.	14  Rest without guilt.
15  Take a slow walk and clear your mind.	16  Write a note of gratitude.	17  Focus on what went well today.	18  Tidy a small space and breathe easier.	19  Create a cosy evening at home.	20  Light a candle and take a breath.	21  Do something that brings you joy.
22  Appreciate the beauty of winter.	23  Get creative, just for fun.	24  Plan something to look forward to.	25  Spend time with people who uplift you.	26  Bake something warm and delicious.	27  Pause and be present today.	28  Watch the sunset or the twinkle of the stars.
29  Do a random act of kindness.	30  Embrace the art of slowing down.	31  Reflect on this beautiful month.	May you carry kindness, calm and curiosity with you into this new year. <i>You are allowed to begin again.</i>			



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A LETTER TO *My Future Self*

Write a letter to yourself at the beginning
of the year. Seal it, keep it safe,
and open it on New Year's Eve.

Today's date: _____

SOME THINGS YOU MIGHT LIKE TO WRITE ABOUT

- ♥ What you hope this year will bring
- ♥ Your dreams, big or small
- ♥ Things you want to let go of
- ♥ The habits you want to build
- ♥ The life you want to create
- ♥ People, places and moments
you're looking forward to
- ♥ A message or reminder for
the future you

Dear Future Me,

You are becoming. You are growing.
You are enough, right where you are.





BEGIN AS YOU *Mean to Go On*



The beginning of a new year often comes with a rush of excitement and possibility. We think about change, about doing more, achieving more, becoming more.

But a gentle year is not built on pressure or perfection. It is not about grand plans or a long list of things to fix.



It is about *paying attention*. To what you need. How you feel. What is around you. To the little things that matter most. It is about slowing down enough to notice and choosing, each day, to begin again with *kindness towards yourself*.



You are probably already doing enough. More than enough. This is not about creating challenges for yourself. This is not about success. It is about creating a life that feels good to live.



Life will still be busy. There will still be noise and chaos and days that run away from you. But in the middle of it, you can choose to find *small pockets of peace*. A few quiet moments. A deep breath. A slow cup of tea. A walk in the fresh air. A grateful thought. A kind word to yourself. These moments may be small, but they matter more than we realise. They protect your well-being. They support your mental health. They help you return to yourself.



Let this be a year of gentle intentions, not rigid resolutions. Of real life, not an imagined one. Of small, consistent choices that add up to a life that feels *more you*. Of making space for what brings you joy. Of letting go of what drains you. Of living in a way that feels calm, kind and aligned.



Begin as you mean to go on. Gently. Intentionally. One moment at a time.

You do not have to do it all. You just have to begin.

