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This article is about 'living intentionally'.

How has 2017 been for you? Highlights? Lowlights? This article will help you reflect on 2017, and assist you to set your intentions for 2018. So, get your reflective minds ready ... and welcome the New Year in with purposeful intent!

And don't forget, our last article discussed your Personal Bill of Rights (this might fit perfectly with setting your intentions for next year). Click [here](#) to learn more, and to access all our previous articles.

Living Intentionally In 2018!

By Amanda Pulford
Director and Clinical Psychologist
(BPsych Hons, MPsych Clin)

The ending of one year, and the beginning of a new year gives us an opportunity to contemplate. We can reflect on the year that has been, and we can consider what we wish the new year to hold. Sometimes though, we're too busy to **really** reflect on anything – we're rushing from one gathering to another, or we're busy getting ready for our own get together.

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My suggestion this year is to spend some **quality** time answering the following questions. Maybe grab a cuppa and your journal, or take yourself off to the beach, or relax in a nurturing bath and allow yourself time to consider ...

1. What lessons have I learnt this year?
2. What am I ready to let go of this year?
3. Who or what am I grateful for this year?
4. What do I wish my next year to hold?
5. What do I need to do to make this happen?

You may find by taking some time out to review this year you release any negative thoughts or feelings you have about 2017, and possibly find some joy in the year that has been (even if it was a challenging year). And by setting your intentions for 2018 you can be clear about what you would like, and you're already planning on how to achieve this. What a great way to start off the year ... mindful and intentional!

However, if you're finding the holidays too stressful, and you'd like some help, please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

From all of us at Awaken Psychology, we'd like to take this opportunity to thank you for your continual support, and we look forward to being of assistance in 2018.

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