

INTENTIONS FOR 2025

YOUR YEAR, YOUR INTENTIONS

A Guide to Setting Intentions for 2025

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COACH



JENN NOBLE

ICF Relationship Coach

Hi, I'm Jenn Noble, your go-to relationship coach and host of the Speak Honest Podcast. I specialize in helping women heal attachment wounds, communicate authentically, and build fulfilling connections.

I created this workbook to guide you in setting intentions that align with your values and vision for 2025. Let's make this your most meaningful year yet!



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MY PROMISE TO YOU

This workbook is designed to help you set clear and meaningful intentions for 2025. Through thoughtful exercises, reflection prompts, and actionable steps, you'll gain the tools to align your goals with your values and create a life that feels purposeful and fulfilling. At Speak Honest, we believe in guiding you to clarity, connection, and confidence—one step at a time. Let's make 2025 your most intentional year yet.

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Look back on the past year to identify what you want to carry forward and what you want to let go of.

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PART

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THE 8 AREAS OF LIFE

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PART

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Create meaningful intentions for each area of life.

PART

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TURN INTENTIONS INTO ACTION

Break intentions into actionable steps that you can implement throughout the year.

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REFLECT ON YOUR YEAR

Start by looking back at 2024 to understand what worked, what didn't, and what you want to carry forward. Reflection helps you gain clarity and focus before setting your intentions for the new year.

What were three moments in 2024 that brought you joy or fulfillment?

What were three moments that drained your energy or didn't feel aligned with who you are?

What's one lesson from 2024 that you want to carry into 2025?

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DEFINE YOUR WHY

Question 1

What drives me to want change or growth in my life?

Question 2

What's missing in my life that I want to create more of?

Question 3

What impact will aligning my intentions with my actions have on my life?

Question 4

How will I feel if I don't make intentional changes this year?



“

**The new year
stands before us,
like a chapter in a
book, waiting to
be written. We can
help write that
story by setting
goals.**

-

Melody Beattie

THE 8 AREAS OF LIFE

The 8 areas of life represent key aspects of well-being: Recreational, Vocational, Mental, Physical, Relational, Social, Financial, and Spiritual. Each area helps create balance and fulfillment. By setting intentions in all areas, you align your actions with your values and ensure no part of your life is overlooked.



Recreational (Fun and Play):

Make time for hobbies, relaxation, and joy. It's not just about rest—it's about recharging your spirit and embracing what makes you happy.



Vocational (Work and Purpose):

Align your career or work with your values. This could mean learning a new skill, pursuing a passion project, or setting boundaries to protect your time.



Mental (Mindset and Growth):

Focus on your emotional well-being and growth. Whether it's mindfulness, reducing stress, or fostering resilience, this area helps you stay centered.



Physical (Health and Energy):

Care for your body with movement, rest, and nutrition. Small actions like consistent workouts or better sleep can boost your energy and health.



Financial (Money and Security):

Create security and confidence through intentional money habits. Whether saving, budgeting, or investing, this area supports your future stability.



Social (Community and Friendships):

Build a sense of belonging by connecting with friends or your community. This area emphasizes shared experiences and nurturing bonds.



Relational (Family and Close Connections):

Strengthen your relationships by focusing on communication, quality time, and boundaries that honor your needs and others'.



Spiritual (Faith and Inner Connection):

Find peace and purpose through practices that ground you. Meditation, prayer, or time in nature can deepen your inner connection.

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WRITE YOUR INTENTIONS

RECREATIONAL (FUN AND REST)

What brings me the most joy, and how can I do more of it?

How can I make space for fun or rest without feeling guilty or rushed?

How will I know I've succeeded in creating more joy in my life?

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WRITE YOUR INTENTIONS

VOCATIONAL (WORK AND PURPOSE)

What's one thing I want to achieve or improve in my career this year?

How can I align my work with what feels meaningful to me?

How will I know I've succeeded in making my work more purposeful?

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WRITE YOUR INTENTIONS

MENTAL (MINDSET AND GROWTH)

What mindset shift would improve my emotional well-being?

How can I support myself when challenges arise?

How will I know I've succeeded in strengthening my mindset?

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WRITE YOUR INTENTIONS

PHYSICAL (HEALTH AND ENERGY)

What would feeling healthy and energized look like for me?

What small changes can I make to prioritize my physical health?

How will I know I've succeeded in improving my physical well-being?

WRITE YOUR INTENTIONS

RELATIONAL (FAMILY AND CLOSE CONNECTIONS)

How can I deepen my connections with those closest to me?

What boundaries would help me show up authentically in my relationships?

How will I know I've succeeded in building stronger relationships?

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WRITE YOUR INTENTIONS

SOCIAL (COMMUNITY AND FRIENDSHIPS)

What connections or communities do I want to nurture this year?

How can I bring more authenticity and joy into my social life?

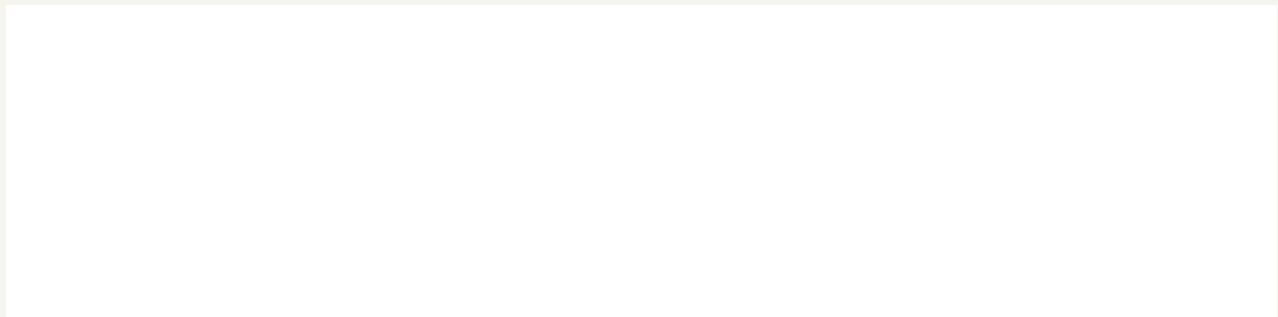
How will I know I've succeeded in creating meaningful connections?

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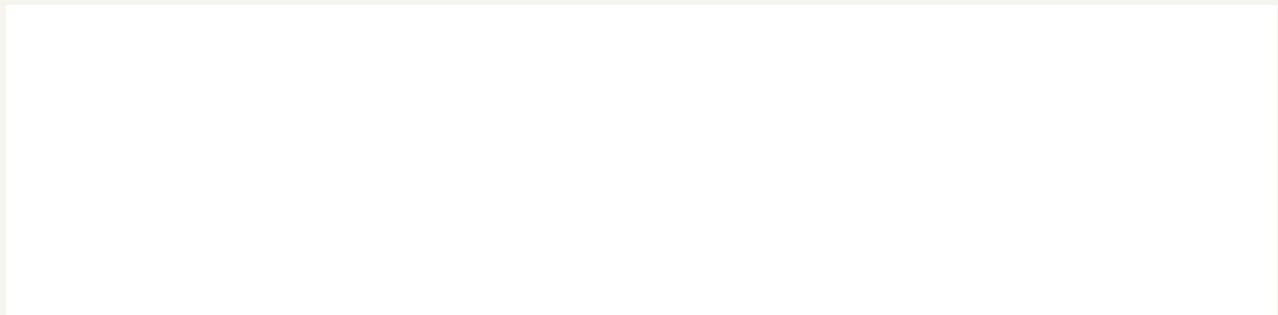
WRITE YOUR INTENTIONS

FINANCIAL (MONEY AND ASSESSTS)

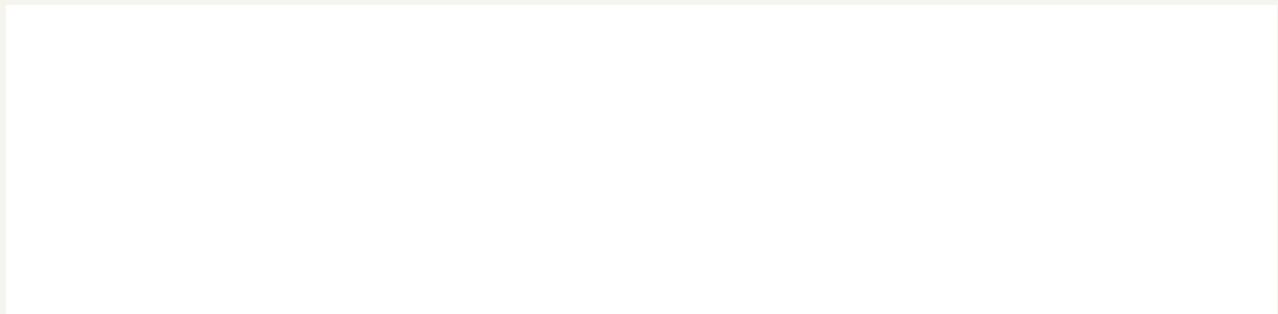
What's one financial goal I want to achieve this year?



What habits can I create to feel more confident about my finances?



How will I know I've succeeded in improving my financial security?



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WRITE YOUR INTENTIONS

SPIRITUAL (FAITH AND INNER CONNECTION)

What practices help me feel grounded, peaceful, or connected?

How can I make time for reflection or spiritual growth?

How will I know I've succeeded in deepening my spiritual connection?

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YOUR INTENTIONS FOR 2025

RECREATIONAL

VOCATIONAL

MENTAL

PHYSICAL

RELATIONAL

SOCIAL

FINANCIAL

SPIRITUAL

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TURN INTENTIONS INTO ACTION

Recreational

What's the first step I can take to bring more joy into my life?



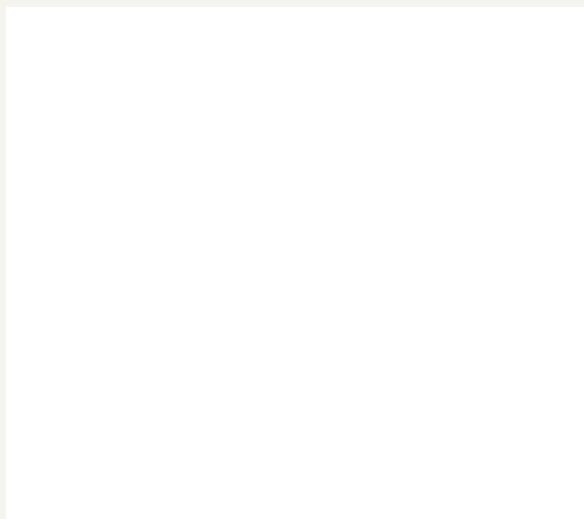
Vocational

What's the first step I can take to move closer to my career or work goals?



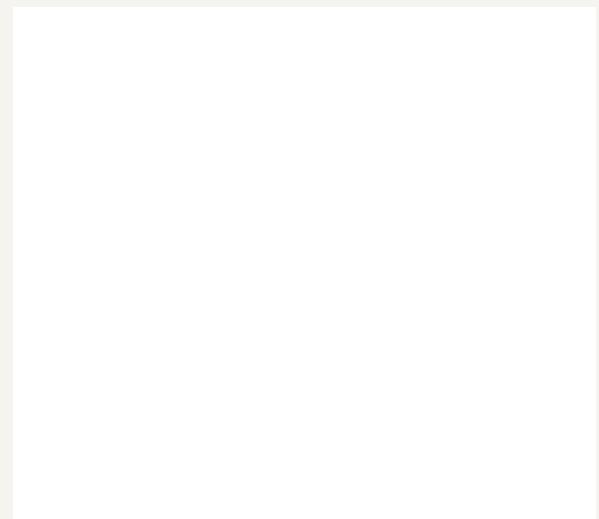
Mental

What's the first step I can take to support my mental well-being?



Physical

What's the first step I can take to improve my physical health?



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TURN INTENTIONS INTO ACTION

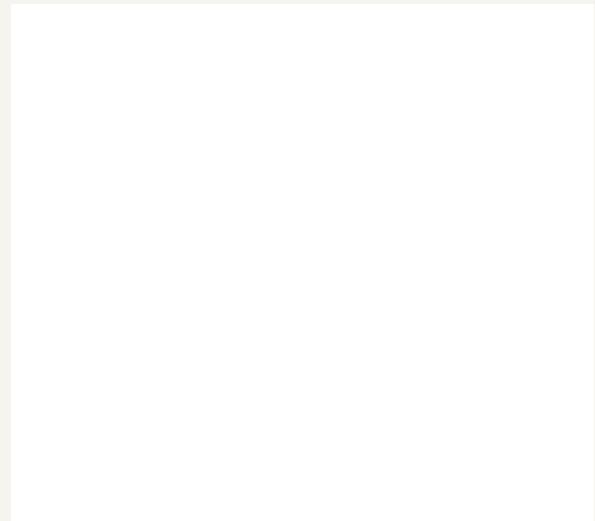
Relational

What's the first step I can take to strengthen my closest relationships?



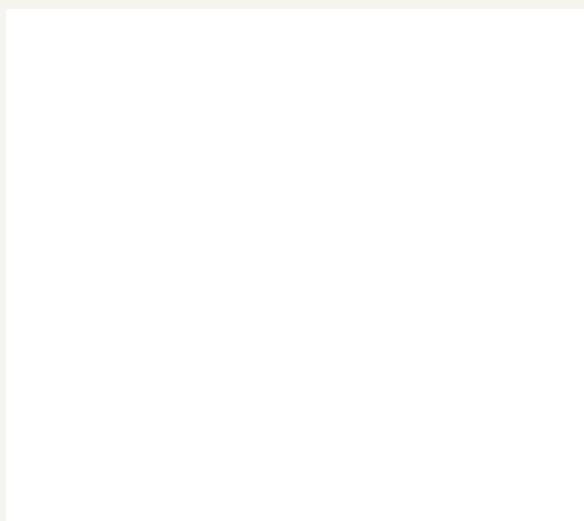
Social

What's the first step I can take to grow my social connections?



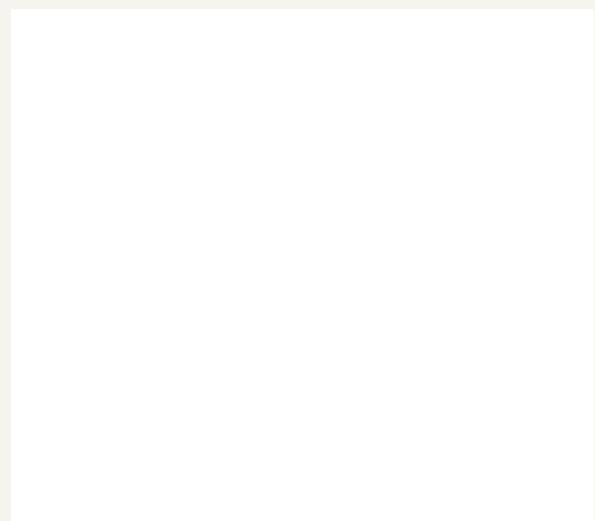
Financial

What's the first step I can take to improve my financial situation?



Spiritual

What's the first step I can take to feel more grounded and connected spiritually?



YOUR BRAND NAME HERE

YOUR YEAR, YOUR INTENTIONS

YOU'VE GOT THIS

You've taken an incredible step by reflecting on the past, defining your "why," and setting intentions for all areas of your life. Remember, intentions are not about perfection—they're about creating a life that aligns with what truly matters to you.



NOTE:

As you move through 2025, keep these two things in mind:

1. Take it one step at a time. Every small action builds momentum toward the life you want.
2. Be kind to yourself. Growth is a process, and progress—not perfection—is the goal.

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RESOURCE LIBRARY



ATTACHMENT ASSESSMENT

Discover your attachment style and gain insights into how it influences your relationships. This free, 30-minute session is designed to help you identify areas for growth and healing, setting the foundation for stronger connections.

[MORE INFO](#)



RELATIONSHIP REBOOT PROGRAM

Ready to take your relationship skills to the next level? The Relationship Reboot Program offers expert guidance, tools, and support to help you build secure, lasting connections. Whether you choose DIY, LIVE, or VIP options, there's a path for you.

[MORE INFO](#)



SPEAK HONEST PODCAST

Get weekly insights, real-life coaching moments, and actionable advice to strengthen your relationships. The Speak Honest Podcast is your go-to resource for navigating attachment, communication, and connection.

[MORE INFO](#)

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CLIENT TESTIMONIALS



JOANNE:

I looked forward to our weekly sessions immensely and always felt there was a lot more to discover and couldn't wait to progress. When I felt stuck or overwhelmed Jenn was only an email away to scoop me up with her encouragement that it was all part of being human and reminders that it was an important part of the journey.



JESSICA:

Working with Jennifer has been the biggest breakthrough as far as my healing journey goes. I truly look forward to her calls as her wisdom, dedication and empathy are all so heartwarming. She really takes the time to get to know you and your situation. She's not afraid to continue asking those probing questions to get to the true core of an issue. She is honest and heartfelt. She will be your biggest support and cheerleader. I enjoyed our time working together and would highly recommend her services.



BECKY:

I genuinely felt Jenn's dedication and commitment to my growth and healing. She held me accountable for my progress and pushed me outside of my comfort zone when necessary, always with utmost respect. If you have the opportunity to become her client, I strongly encourage you to seize it!



DEE:

I wanted to be seen but not seen and judged. Seen and understood. The compassionate, non-judgmental and SAFE space that Jenn provided during our coaching helped me to open up and start talking. Her empathy was truly heart-warming and often helped to silence my own fierce inner critic. I ALWAYS gained new insights, and perspectives after a session with Jenn as well as discovering yet another limiting belief that was holding me back. Jenn's knowledge of Core Wounds and Integrated Attachment Theory is the best I've seen!"

Thank You!

Thank you for taking the time to reflect, dream, and set your intentions for the year ahead. This workbook is designed to guide you toward clarity and purpose as you create a life that feels aligned and fulfilling.

Your journey is unique, and every small step you take matters. Whether you revisit these pages often or let them serve as a quiet reminder, know that you are moving toward the life you deserve.

Here's to a year of growth, joy, and meaningful connections. Thank you for allowing me to be part of your journey.

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