

SANE

We're people like you.

Peer Group Chat Summary

Date: 18.01.2024

Topic: Looking Forward to 2024

Description: Creating and setting intentions for the year ahead can be quite challenging and may even be frustrating for some as it can be quite overwhelming. Within this chat, we will be discussing what we want to get out of this year and things that we could look forward to in 2024.

Summary of discussion:

- What our intentions were for the last year
 - Being strong for others, physical and mental goals, being kinder to ourselves, looking after ourselves and others more, to try to have something to look forward to.
- Why intentions might be helpful
 - Having something to look forward to and focus on, ensuring that we have the best 2024 that we can, making sure we have goals that we are working towards, to have that 'new year, new me' experience.
- Putting our intentions into practice
 - Being kind to ourselves and realising that our healing and intentions don't have to be linear, reframing our intentions when we need to, recognising that it's okay to not always be on top of everything and that we need time to rest as well.

Discussion questions

Q1. What is your understanding of an intention?

Q2. Did you have any intentions last year? When you reflect on it, how did these turn out?

Q3. Have you ever started the year with an intention, but then throughout the year it changed? For example: if you summed up 2023 in a word, what would that be?

Q4. Why might an intention be helpful for the new year?

Q5. What are some ways we can be kind to ourselves while setting intentions for the new year and working toward them throughout the year?

Q6. What might your intention/s be for 2024?

SANE

We're people like you.

Q7. Do you have any ideas of how you might put your intentions into practice this year?

Resources

These are the resources that were shared during the session:

1. The Power of Intention TED Talk: <https://www.youtube.com/watch?v=e9iN5WHiU-Q>
2. Words for 2024 Forums Thread: <https://saneforums.org/t5/Social-Spaces/Words-for-2024/td-p/1380711>
3. Don't Set Your New Years Goals Before You Do This: <https://www.youtube.com/watch?app=desktop&v=OZNVcLvZeEM>

Continue the discussion over on the SANE Forums by following this link!

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Looking-Forward-to-2024-Thursday-18th-January/m-p/1384076#M361380>

Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email feedback@sane.org.