

THE POWER OF INTENTION

STEP

1



SELF REFLECTION

Take time to really dig into what you want your intentions for the year to be and why they matter to you. Here are some questions to help you get started in forming an intention:

What matters most to you?

What would you like to build, create, or nurture in your life?

STEP

1

CONT.

What would you like to let go of?

Who would you like to forgive in your life?

How do you feel when you are your happiest self?



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CONT.

What makes you proud?

What word(s) would you like to align yourself with?

What fears would you like to release?

STEP

1

CONT.

What are you grateful for?

Now put it all together in a bigger picture:
What do you want your life to look like and why?

What would life be like if those things came to be?

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2



INTENTION STATEMENT

Once you know what your intentions are going to be you should create a statement around each of them that you can focus on throughout the year.

Write ONE intention statement using the following guidelines:

- Focus on what you want, not what you want to cut out of your life.
- Write as if it is happening now - use words like "am", "can" and "feel", avoiding words like "will".
- Really capture the feeling of what you want in your life.
- Avoid words like 'try' and 'but'.
- Start with gratitude.

STEP
3



RELEASE DOUBT

Your thoughts are powerful so it's important that you work on releasing any doubt or negative thoughts that you have about your intentions.

What thoughts do you have about what is missing in your life?

What do you find yourself complaining about?

What do you find yourself complaining about?

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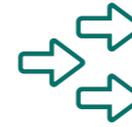
STEP
3
CONT.

What negative thoughts do you still have about the past?

Do you still worry about other people's expectations of you?

Symbolically let go of these doubts and negative beliefs and write replacement beliefs for each of them in the space below.

STEP
4



CONGRUENT ACTIONS

Once you have your intention set in place you can use it to determine what actions you want to take in order to achieve it.

For the intention you have written in Step 2 make a list of what do you need to do walk your talk?

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MORE INTENTIONS

Write 4 more intentions for this year. Remember to write them as values and characteristics displayed by the person you most want to be using the guidelines above.

Intention 1:

Intention 2:

Intention 3:

STEP
5
CONT.

Intention 4:

For each of these new intentions go through the process of becoming aware of any doubts and negative beliefs. Again symbolically let go of these doubts and negative beliefs and write replacements beliefs for each of them.

For each of these intentions you have written make a list of what do you need to do to walk your talk?

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STEP

6



INTENTION CARDS

Write intention cards for the 5 intentions you have written and carry one with you each day for 30 days. Read each side aloud several times throughout the day. Notice what happens to your energy around that intention.

Write down your experiences: