

Date: _____



2020 Intention Setting

HEALTH | SPIRITUALITY | FINANCES | RELATIONSHIPS | CAREER

1. *Reflect.* What was my biggest success in 2019?

2. *Define.* What do I want to accomplish in 2020?

LIST OUT EVERY DESIRE YOU CAN THINK OF + THEN ANSWER EACH QUESTION BELOW FOR EVERY DESIRE LISTED

1)

2)

3)

4)

5)

6)

3. *Plan.* What are the specific steps I need to take to bring these goals into action?

1)

2)

3)

4)

5)

6)

4. *Feel*. Put yourself inside the goal actually happening. How will I feel when these goals become my reality?

1)

2)

3)

4)

5)

6)

5. *Respond*. What are some obstacles that may arise and → How do I plan to respond...

1)

2)

3)

4)

5)

6)

6. *Submanalyze*. Take intentions from Question 2 + 4 and fill in the blanks. I want _____ so that I feel _____.

1)

2)

3)

4)

5)

6)

7. *Communicate*. I will share these intentions with _____ to help keep me accountable + supported as I bring these intentions into manifestation.

8. *Power Words*. These words stood out to me the most through this process (list below) + I will now make them my quick power intentions for 2020.

9. *My 2020 Mantra*. Write a simple mantra from those 3 words in any order that makes sense and feel good to you.

This is your 2020 power statement that holds all the frequency and energy of what you ultimately are trying to create, in a simplified way. Practice this mantra on a daily basis. You can take the necessary action steps to each of your desires, but remember your mantra as you approach your strategy, it will infuse you with the energy to need to manifest!

IDEAS: Write your mantra on a post-it-note and stick it where you will read it everyday. Add it into your calendar to pop up as a reminder to practice, repeating everyday. Record yourself saying this mantra and listen to it daily. Etc.

2020 is the year of balancing the Divine Feminine with the Divine Masculine in each of our beings, regardless of gender.

May your mantra help hold and stabilize your soul purpose into everything you do.

Happy New Decade!