



Date: _____

Intention Setting

HEALTH | SPIRITUALITY | FINANCES | RELATIONSHIPS | CAREER

1. *Reflect.* What was my biggest success in the past 6 months?

2. *Define.* What do I want to accomplish in the next 6 months to one year?

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. *Summarize*. 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.

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

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

IDEAS:

- Write your mantra on a post-it-note and stick it where you will read it every day.
- Add it you're your calendar to pop up as a reminder to practice, repeating every day.
- Record yourself saying this mantra and list to it daily.

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

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