

Date: _____

2021 Intentions

Co-Creating the Life You Desire



AWAKEN

with Sophie

Turn in: Answer these questions from your heart.

What makes me come alive?

What makes me feel accomplished?

What is one of my "problems" that I want to solve this year?

Now that you are in better touch with your joy, let's begin to create!

Intend: List four things you really want to come into your life this next year?

1) _____

2) _____

3) _____

4) _____

Formulate: What excites you about these things?

1) _____

2) _____

3) _____

4) _____

Focus on Your Feelings.

Most of us want "things," because we believe we will feel better in the "having" of these things. What we really want is to feel better. Let's discover what you are truly looking to feel. Take your 4 intentions and imagine that your desires are now in your life. How do you feel having this?

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Begin: What actions do I need to take to set these intentions in motion?

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Your Intentions: Narrow your intentions down to ONE word. These are your Inspired Intentions for 2021.

- 1) _____ 3) _____
- 2) _____ 4) _____

Believe it, until you become it!

Don't fake it 'till you make it, but rather believe it until you become it. Start believing in yourself. Start believing that there is a deeper, more meaningful reason that you want what you want. Focus on what makes you come alive and feel good and do these things everyday. The only thing you need to do now is OPEN and ALLOW the energy of your intentions to flow to you and through you!