



INTENTION *setting*

PART THREE: *brainstorming your intentions*

You can write any and all intention ideas that come to your head below. No intention is too big or small! Let yourself write and record uncensored. There are no wrong intentions. Print or use as many copies of this sheet as you need.

If you're feeling a bit stumped or want some questions to help you get started or go deeper, consider the following questions:

What do I want to create?

What do I want to change?

What do I want to accomplish?

How do I want to feel?

MY INTENTION BRAINSTORM: