



INTENTION *setting*

PART THREE: *choosing your intentions*

MY NARROWED DOWN INTENTIONS ARE:



THE INTENTION:

WHAT THIS INTENTION MEANS AND LOOKS LIKE TO ME:

THE ACTIONABLE THINGS I COULD TO BRING THIS INTENTION TO LIFE:



THE THINGS THAT WOULD NEED TO SHIFT IN MY LIFE TO MAKE THIS INTENTION HAPPEN:

Take a moment to check in with yourself on the things you just brainstormed around the intention above. Review the questions below:

How do those options feel to me?

Do these things align with my values?

Do they feel good? Exciting? Supportive?

Do these things align with what I want or need in my life right now?

Do I have time to make some of the shifts or actions right now?



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MY INTENTION(S):