**Part 1) Appreciations**

**What have I culminated in the last year that I have deep appreciation for** *(we cannot create intention without having gratitude first)*

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| 1) |
| 2) |
| 3) |

**Part 2) Defining my intentions** *(list three that are congruent, are not associated with time and focus on your desires, needs, and wants)*

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| --- |
| 1) |
| 2) |
| 3) |

**Part 3) Integrating my intention** *(using your intentions from above fill in the following)*

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| Intention 1:  When being intentional about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I will feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, it will look like\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, sound like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and my body will feel like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| Intention 2:  When being intentional about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I will feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, it will look like\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, sound like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and my body will feel like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| Intention 3:  When being intentional about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I will feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, it will look like\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, sound like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and my body will feel like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |

**Part 4) Practice your intentions**

*Use the above descriptors to create a daily mediation for your intentions. This practice will help solidify your commitment and allow you over time to manifest your intentions without even having to think about them. When given time close your eyes and a relaxed state walk through each intention. Focusing on how they feel, what they will look like in your life, what sounds are they associated with and what sensations do you experience in your body.*