



Date: _____

2023 Intention Setting

HEALTH | SPIRITUALITY | FINANCES | RELATIONSHIPS | CAREER mmmmmm

List out every desire you can think of + then answer the following questions for each desire listed.

1. *Define.* What do I want to accomplish this next year? Set your 6 intentions.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

2. *Plan.* What are the specific steps I need to take to bring these intentions into action?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

3. *Feel.* Put yourself inside the intentions actually happening. How will I feel when these goals become my reality?

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

5) _____

6) _____

4. *Respond.* What are some obstacles that may arise and → How do I plan to respond...

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

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.

5. *Affirm.* Take your intentions from Question 1 and narrow down the feeling into an affirmative statement:

Example: I [am, have, etc.] [insert intention] and feel _____.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

6. *Power Words.* Notice any themes from step 5? Find 3 words that popped out list them below. These are your power words for 2023.

7. *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 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 into each of your desires. Remember your mantra as you approach your strategy, it will infuse you with the energy you need to manifest!

Mantra Tips

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- 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.

8. *Communicate*. I will share these intentions with _____ to help keep me accountable + supported as I bring these intentions into manifestation.

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