

Date: _____

2022 Intentions

Co-Creating the Life You Desire



AWAKEN
with Sophie

Turn in and Answer these questions from your Heart!

What are my overall priorities for this next year?

What support do I need to move these priorities into action?

Who am I at the end of 2022?

Now that you are in better touch with your priorities, let's dive in!

Intention: List four specific intentions I really want in my life this next year?

1) _____

2) _____

3) _____

4) _____

Vibes: What excites me about these intentions?

1) _____

2) _____

3) _____

4) _____

Feelings: How do I feel having this?

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.

1) _____

2) _____

3) _____

4) _____

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

1) _____

2) _____

3) _____

4) _____

Your Intentions: Narrow my intentions down to ONE word.

1) _____ 3) _____

2) _____ 4) _____

These are my Inspired Intentions/ Frequencies for 2022.

Inspired Affirmation: Write down one positive phrase or sentence that you will use for your 2022 Moto!

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!