

2022 *Intentions*

Intention setting is a powerful exercise. Research has proven that people that not only verbalize, but also write down their purpose and intentions are more likely to make them happen. We want you to go a step further. Don't just write down your goals, also record how you want to feel and then brainstorm some actions that can help to get to that feeling place. Finally, record your daily affirmation for the year. This will help keep you centered during the ebbs or flows that is life.

I want to *feel*:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

I want to *experience*:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

These actions will help me get there:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

These actions will help me get there:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

My daily affirmation to remind me of my wholeness come sunshine or rain...