

INTENTION SETTING GUIDE

Why set intentions?

- Brings presence to your own thoughts and actions
- Sets the foundation for how you want to feel and what you want to experience
- Keeps you aligned with your values and away from old habits/patterns

Step 1

Get clear on your personal core values. Check out this list right [here](#) to identify your own values. These should align with your intentions.

Step 2

Ask yourself some of these questions to get even more clarity: What matters most to you? What would you like to build, create, or nurture in your life? What would you like to let go of? What makes you proud? What are your wildest dreams?

Step 3

Write down your intentions with any of the following formats:

I will _____, I intend to _____, I commit to _____

Step 4

Make decisions/take action from a place of intention:

- Brainstorm all the ways you can take action according to your intentions
- Take small practical steps that can be woven into your daily routine