

Intention Setting Mini Course

THE WORKSHEET

What brings you joy?

What are you grateful for?

3 life goals:

3 self love goals:

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Rewrite your goals into intentions!

Reminder: speak in the present tense; as if you already have it,
you've already achieved it, it's already yours!

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Take a moment to reflect on your life, and be proud of every challenge you've overcome.

What message would you give the younger you?

What advice do you have?

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