

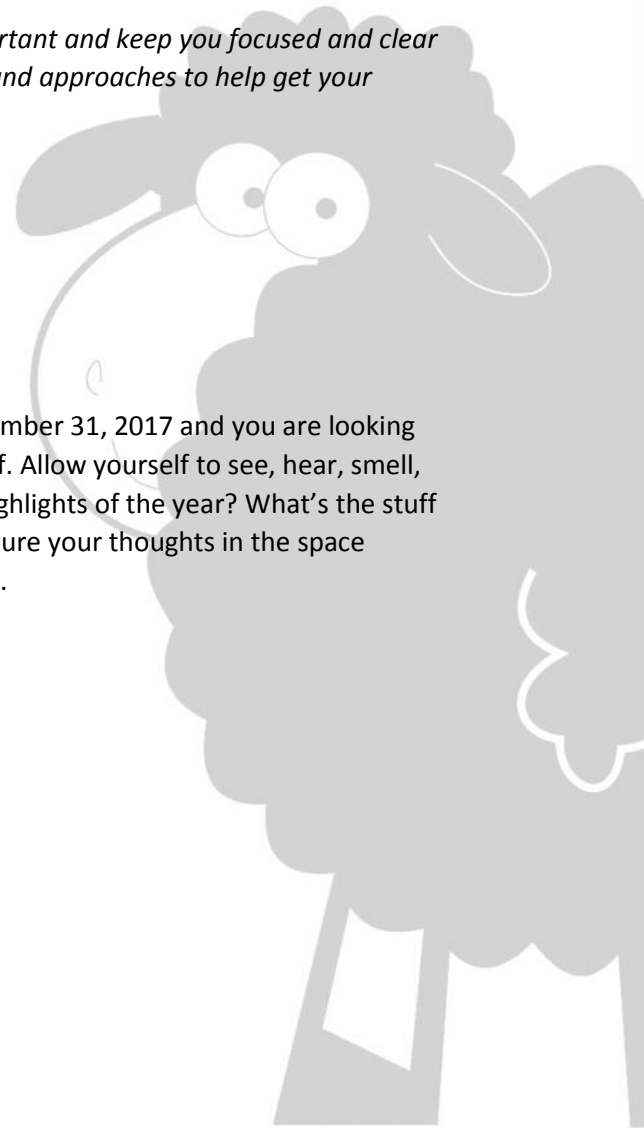
2017 Intention Setting Worksheet

Setting intentions for your year help you align to what is truly important and keep you focused and clear about what you are creating in your life. Here are some questions and approaches to help get your creative juices flowing and your heart excited!

STEP ONE: Looking backward:

VISUALIZATION ACTIVITY:

Center yourself. Close your eyes. Breathe slowly. Imagine it is December 31, 2017 and you are looking back on the year of 2017. Feel into it and breathe, opening yourself. Allow yourself to see, hear, smell, taste, and fully experience. What do you notice? What were the highlights of the year? What's the stuff that made this year exceptional? What made you come alive? Capture your thoughts in the space below. You may want to write a list, a story, or draw some pictures.



STEP TWO: Looking forward:

How would you like to FEEL this year? Jot down a few words to capture the essence of how you'd like to feel. Draw a picture if this inspires you.

What would you like to EXPERIENCE this year? Connection? Family? Passion at work or in play? Travel and adventure? What is most important to you? What does your soul crave to experience now? Capture what your heart is telling you.

What are your top 3-5 VALUES and GUIDING PRINCIPLES that you would like to activate this year? You may already be living these and want to continue, or these may be hidden values that are important to you that are waiting to be activated and lived out. Both are important to acknowledge, so write all of them here.

STEP THREE: Bringing it All Together:

I like to have one word as a guiding word (or short phrase) for my yearly intention. What this does for me is create an umbrella theme from which all my decisions flow. Examples might be something like: JOY, TRUST, PEACE, CONNECTION, CREATIVITY, etc.

You can do this, too, if this might be supportive. If you had one guiding theme word for 2017, what might it be?

My 2017 Intention Word Is: _____

STEP FOUR: Taking Aligned Action:

What are 1-2 action steps you can take this month that are in alignment with your INTENTION, how you would like to FEEL, and what you would like to EXPERIENCE? What was in your vision in the beginning looking back on the year that might be aligned with this as well?

- 1.
- 2.

What (if anything) is in the way of taking these action steps?

For #1:

For #2:

What do you need to help you move through these blocks? (These may be action steps to support your first action steps, like stepping stones to help you cross the river)

For #1:

For #2:

WHAT (specifically) will you do to move through these blocks and BY WHEN?

For #1:

For #2:

Congratulations! Asking yourself these questions can be tough if you aren't used to doing so (and even if you are!) so I applaud you for taking the time to sit and be with yourself and honor what your soul is needing.

Know that you are not alone. There is a lot of support out there to help you stay aligned with your intention as you take action and continue to expand. Share what you feel called to share that you discovered here with your family, friends and support system. Reach out for further support if you are needing it. Trust that you know what you need and that the Universe is supporting you in ways you might not yet be aware of.

And if you'd like to go deeper into this work and explore what fully unleashing your potential looks like for you, what might be in the way, and how to move through it, I encourage you to apply for a complimentary Unleash Your Potential session to see how I can support you in creating the life you knew were always meant to have.

More information and the application can be found on my website at:

<http://www.beyouconfidently.com/unleash/>

To unleashing your potential!

With light and love,

Nicole Justine Cavanaugh