

INTENTION SETTING WORKSHEET

*FOLLOW YOUR DREAMS,
THEY KNOW THE WAY.*

Month: _____

INTENTION SETTING:

What are my desires? What do I want to manifest into my life this month?

IN ORDER TO ALIGN WITH MY DESIRES,
WHAT DO I NEED TO BELIEVE TO BE TRUE
ABOUT MYSELF, MY ABILITIES, AND THE
WORLD AROUND ME?

WHAT HABITS DO I NEED TO ADD/REMOVE
IN ORDER FOR ME TO RECEIVE MY
DESIRES?

INSPIRED ACTIONS

What inspired actions am I committed to taking this month that will align me with my desires?

FEARS & OBSTACLES

What are the potential obstacles that could get in my way
and how will I handle them?

HOW DO I WANT TO SEE MYSELF THIS MONTH?

How can I raise my vibe and practice aligning with feelings
of joy, love, and gratitude every single day?

AFFIRMATIONS

My affirmations for this month are:

I trust in divine timing and know that this or something better is on its way to me right now.