

Keep in Touch | Bonus

Setting Intentions

Setting your intention allows you to choose how you want to show up to any day, meeting, event, interaction or decision. And that choice is an extremely powerful tool!

Anytime you want to set your intention, take a few moments to answer these questions:

1. How do you want to feel?

Do you want to feel confident, sure of yourself, joyful, excited?

What Energy Level will you be at?

Only use only positive wording here! It's much more powerful.

2. Remember a specific time when you felt that way and describe it here:

Describe it with as much detail as you can. The more complete the picture the better!

Remember that feeling for what you're setting your intention for.

3. What is your ideal outcome?

What do you want to happen?