



INTENTION SETTING WORKSHEET

DATE: _____

STEP 1:

SET 3 POSITIVE INTENTIONS USING THE "I AM" STATEMENT. FOR EXAMPLE:

- "I AM" GETTING INTO BED BY 10PM TONIGHT.
- "I AM" LETTING GO OF THE THINGS THAT DO NOT SERVE ME.
- "I AM" WORTHY!

I AM STATEMENTS:

- _____
- _____
- _____

SAY YOUR INTENTIONS ALOUD EACH MORNING WHEN YOU WAKE UP.

STEP 2:

WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR AT NIGHT BEFORE GOING TO BED. 3 GRATITUDES!

- "I AM" GRATEFUL FOR...

GRATITUDES:

- _____
- _____
- _____

GIVE IT A WEEK! SEE HOW YOU FEEL AFTERWARDS! SEE IF YOU START TO FEEL A POSITIVE SHIFT IN YOUR LIFE!