

## INTENTION SETTING & REFLECTION

Set up a little space and give yourself 30 mins to really sit and feel what you want to get out of this month.  
Light a candle, put on some nice music, get all zen & calm and do your thing! You deserve it!

What is my intention for this month? Think about how you want to feel around this intention. Usually when we want something, we actually want the feeling we are going to cultivate once we obtain it. Write, draw or mind map this below (Tip: drawing and mind mapping taps into our creative side, the more creative we are, the more we can create! Have some fun with colours too):

What is my inspired action going to be? (Inspired actions comes from what FEELS good, not from what we think we should do – it's basically the obvious next step). Write, draw or mind map this below:



What am I grateful for? (Gratitude is a very powerful emotion. We can be grateful for things we currently have, or for things that are not yet with us in the physical realm. Our subconscious doesn't know the difference between something we think/feel and something that has actually happened in reality. By becoming grateful for something that we don't yet have, brings it into our reality in a much more profound way – try it!!)

Create 3 affirmations to repeat to yourself that are in alignment with your intention:

I am:

I am:

I am:



## WEEK 1

Write, draw or mind map this below:

INTENTION:

INSPIRED ACTION:

3 X RANDOM ACTS OF KINDNESS/GIVING LOVE:



## WEEK 1 REFLECTION

What feelings have I cultivated this week?

What was the most fun part about my week?

What did I find challenging? How did I overcome this challenge?

Anything extra I want to add:

On a scale of 1-10 how do I feel this week? 1 being low, 10 being on top of this world:

1      2      3      4      5      6      7      8      9      10



## WEEK 2

Write, draw or mind map this below.

INTENTION:

INSPIRED ACTION:

3 X RANDOM ACTS OF KINDNESS/GIVING LOVE:



## WEEK 2 REFLECTION

What feelings have I cultivated this week?

What was the most fun part about my week?

What did I find challenging? How did I overcome this challenge?

Anything extra I want to add:

On a scale of 1-10 how do I feel this week? 1 being low, 10 being on top of this world:

1      2      3      4      5      6      7      8      9      10



## WEEK 3

Write, draw or mind map this below.

INTENTION:

INSPIRED ACTION:

3 X RANDOM ACTS OF KINDNESS/GIVING LOVE:



## WEEK 3 REFLECTION

What feelings have I cultivated this week?

What was the most fun part about my week?

What did I find challenging? How did I overcome this challenge?

Anything extra I want to add:

On a scale of 1-10 how do I feel this week? 1 being low, 10 being on top of this world:

1      2      3      4      5      6      7      8      9      10





## WEEK 4

Write, draw or mind map this below.

INTENTION:

INSPIRED ACTION:

3 X RANDOM ACTS OF KINDNESS/GIVING LOVE:



## WEEK 4 REFLECTION

What feelings have I cultivated this week?

What was the most fun part about my week?

What did I find challenging? How did I overcome this challenge?

Anything extra I want to add:

On a scale of 1-10 how do I feel this week? 1 being low, 10 being on top of this world:

1      2      3      4      5      6      7      8      9      10



## WEEK 5

Write, draw or mind map this below.

INTENTION:

INSPIRED ACTION:

3 X RANDOM ACTS OF KINDNESS/GIVING LOVE:



## WEEK 5 REFLECTION

What feelings have I cultivated this week?

What was the most fun part about my week?

What did I find challenging? How did I overcome this challenge?

Anything extra I want to add:

On a scale of 1-10 how do I feel this week? 1 being low, 10 being on top of this world:

1      2      3      4      5      6      7      8      9      10

