Intentional Living

To help you put the lessons in the Intention, Desire & Thought Video, you can fill in this worksheet ☺

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| *Write out an Intention you have for each area of your life* | *Why have you chosen to set this intention?* | *Are your thoughts aligned with this intention?*  *(e.g. are your fearful, anxious or at peace/ease)* | *Create a one sentence mantra for your intention*  *(e.g.*  *”I have a healthy and fit body”*  *“I am looking forward to my new job”*  *“My relationships are healthy and happy”* |
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*“Intentions Create Change”*