

LET'S FOCUS ON
Intention

JANUARY



#DiscoverYourLight

Intention

An idea or plan of what you're going to do. It can be an attitude, a mantra, or a vision that guides and helps to focus you. Your intention should be closely tied to your thoughts, values and perspectives on life. Setting an intention is a powerful practice, because it's the first step in embodying what you want in life.



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Our intention
creates our reality.

Dr. Wayne Dyer



INTENTIONS

Here are some thought-starters
to help you form an intention.



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What matters
most to you?



What would you like
to build, create, or
nurture in your life?



What would you like
to let go of?



Who would you like to
forgive in your life?



How do you feel
when you are your
happiest self?



What makes
you proud?



What word(s) would
you like to align
yourself with?



What are you
grateful for?

