



Guide to

SETTING INTENTIONS

Creating clarity in life

How to Set Intentions

Creating Clarity

Intentions are what guide and pull us through life – without clear intentions, life becomes seemingly random, unclear and confusing. Often the biggest mistake we make when starting out on a path is failing to take the time for self reflection and to gain clarity around what our deepest desires are and why we truly desire them.

Our Initial Step Together...

We simply need to acknowledge the full truth of where you are at – in getting clear around what you're feeling and experiencing in life, you'll begin to find clarity around what it is that you truly desire (below the surface level).

- ✓ Change, truth and honoring oneself require becoming FULLY aware of how you limit yourself and keep yourself stuck in negative patterns.

On the following pages, you'll find 4 simple tools (1 per page) designed to guide you in identifying and becoming aware of yourself, your habits, patterns, desires & intentions.

- Answer each set as truthfully as you can – paying specific attention to your intuition (first thing that comes to mind)
- There is no right/wrong or good/bad...there just is what is (so take a deep breath)
- Take your time...set a timeframe (ex. 15 min OR page 2) and stick to it to help keep you focused. Complete only as much as you can in that timeframe and then come back to the next task at a later time (maybe 15 min at lunch each day)

Tool #1

Identify Your Habits

I distract, avoid, numb, deny myself from my emotions, situations, struggles and/or truth by or through:

****Circle all of the words that apply to you**

Eating

Internet

Talking to Someone

Alcohol

Drugs

Smoking

Sex

Shopping

Socializing

Exercise

Driving

TV

Talking on the Phone

Staying Busy

Reading

Gossiping

Work

Relationships/Men

Facebook/Instagram/other

News

Helping others

Blaming

Activities

Other: _____

Tool #2:

Acknowledge Your Truth

Fill in the Blank...

- I have been avoiding acknowledging _____ by denying, blaming, numbing or distracting myself.

- I am hoping to find _____ through this coaching experience.

- _____ may prevent me from digging deep and fully committing to myself during the coaching process.

- My greatest fear is that this coaching experience might _____

- I get overwhelmed when _____

- I feel empowered, encouraged or supported by others when they say or do this _____

- If there are zero limitations for this coaching experience, my greatest desire is to _____

- I am hoping my coach will _____

Tool #3: Clarify What IS

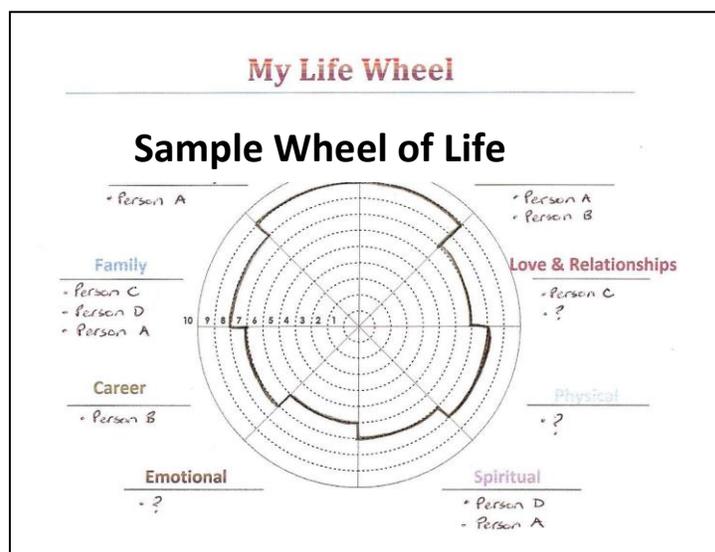
Life Wheel Exercise

Rarely in life do we actually take the time to acknowledge our life and our levels of fulfillment and satisfaction. The Life Wheel Exercise is designed for just that: focusing in on our life, acknowledging our truth and identifying where & how we might change to create our desires.

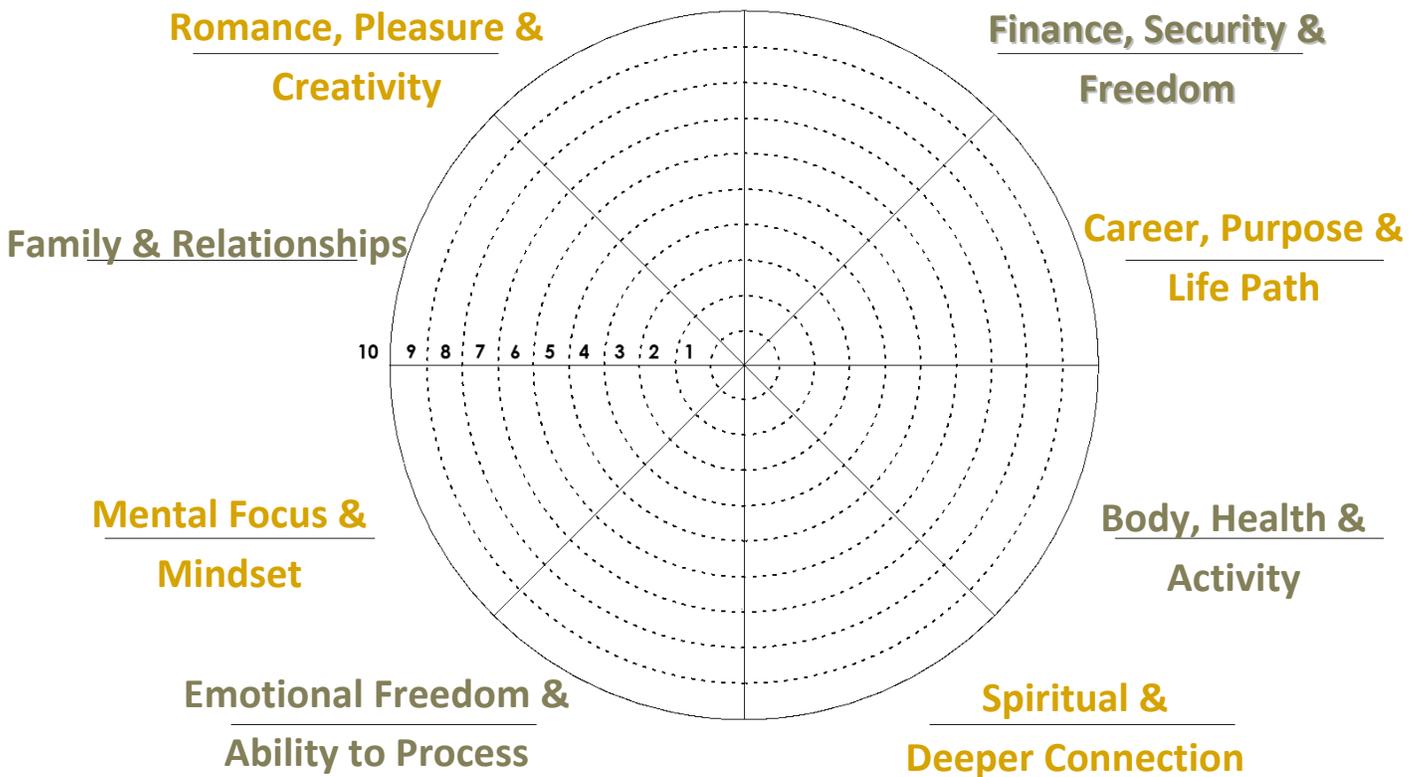
Facing the truth about your life establishes a foundation from which to move forward & create the life you desire.

Complete your personal Life Wheel using the template on p6

- **STEP 1:** Ask yourself, how fulfilled or balanced do I feel in this area (ex. health & activity)?
- **STEP 2:** Trace the numbered line that best represents your level of fulfillment for each area. (1 – not fulfilled/balanced; 10 – very fulfilled/balanced)
- **STEP 3:** Write the names of 2-3 people who you turn to for support in each area under the area heading (Ex. Spiritual...Nancy...Heather)



My Life Wheel



Reflect:

1. What 2 life areas currently have the highest level of fulfillment for you?

Area 1: _____ /10

Area 2: _____ /10

2. What 2 life areas currently have the lowest fulfillment level for you?

Area 1: _____ /10

Area 2: _____ /10

Tool #4:

Set Your Intentions

Let's bring it all together...

1. Take a moment to reflect back on each of the 3 tools/exercises. What are you realizing or acknowledging about yourself, your habits and your desires?

2. Knowing this about yourself & your desires, if you could be consistently 'feeling' a certain way by the time we wrap up our time together, what would you want to be feeling?

Awareness of our reality and knowing how we want to be 'feeling' form the basis of our intentions. Contrary to traditional methods of pursuing goals, manifesting with ease begins and ends with knowing what we crave to be feeling in life. Once we have this knowing in place, all of the details will begin to take shape to bring about our desires.

Here...we...GO!!

(let's get this journey started!)

Jackie