



Intention & Goal Setting

WORKSHEET

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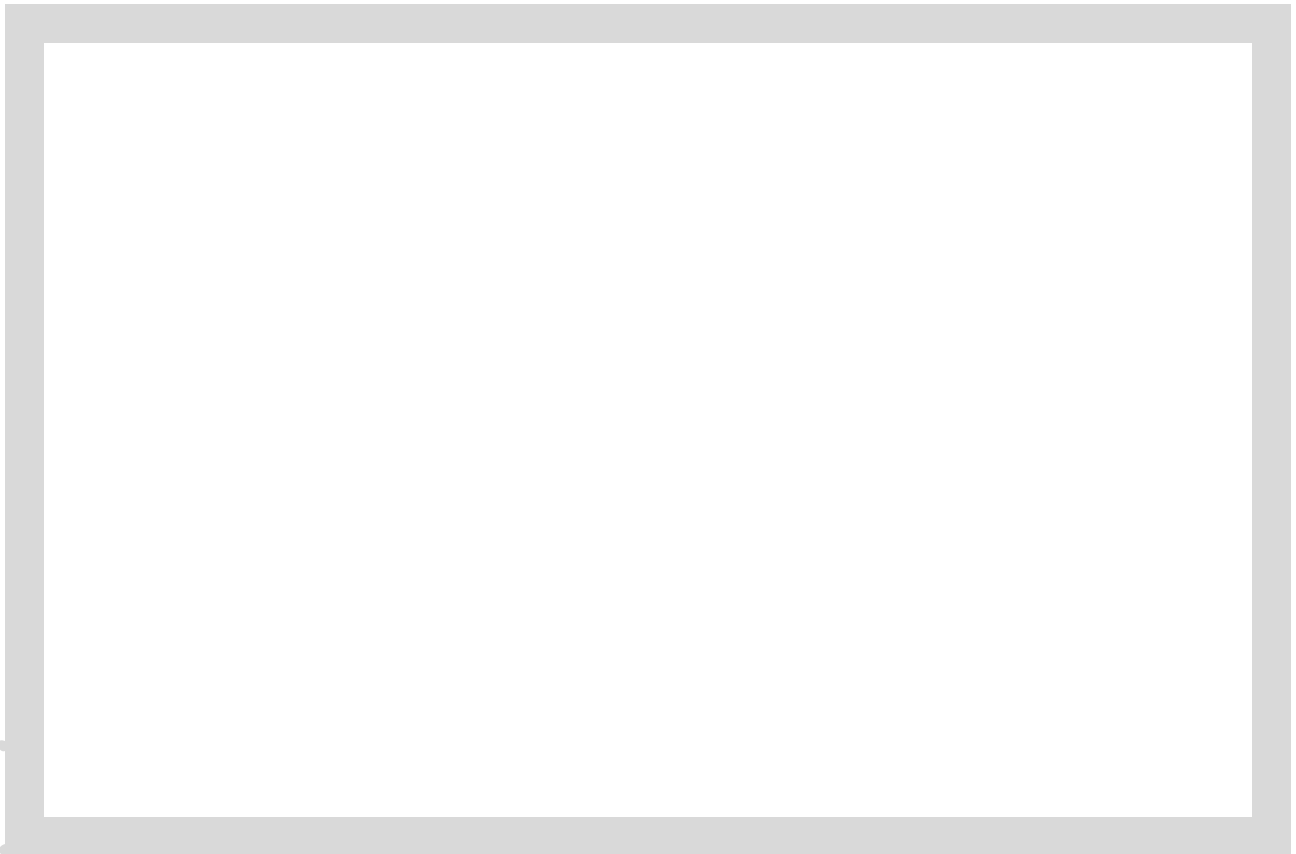




Values

Your core values are your fundamental beliefs. They help you determine right from wrong and determine how you show up in the world.

In the box below, take 15 minutes to free write the values that are important to you. There is no wrong value, so don't filter yourself. Notice which thoughts and values show up the most. These are your core values. Examples of core values include self-acceptance, compassion, respect, commitment, control, achievement, attractiveness, adventure, courage, etc.

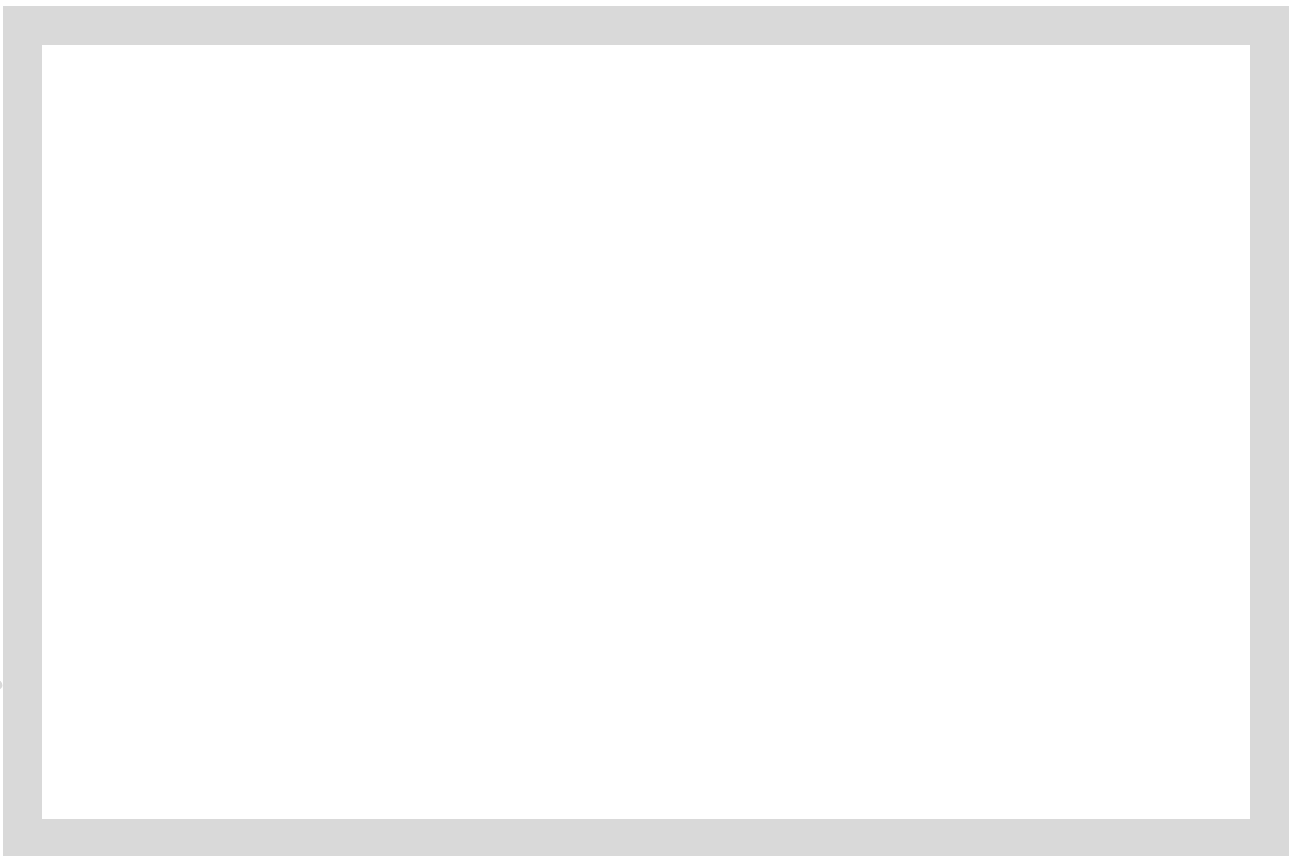




Intentions

"A well-crafted intention starts with your values and becomes a statement about how you want to show up in the world." Christie Inge

Now turn those values into an intention for the upcoming year. How do you want to show up? Who do you want to be? In the box below write a powerful, positive present tense statement. Make sure you believe it! Include 1-3 of your values in the statement below.





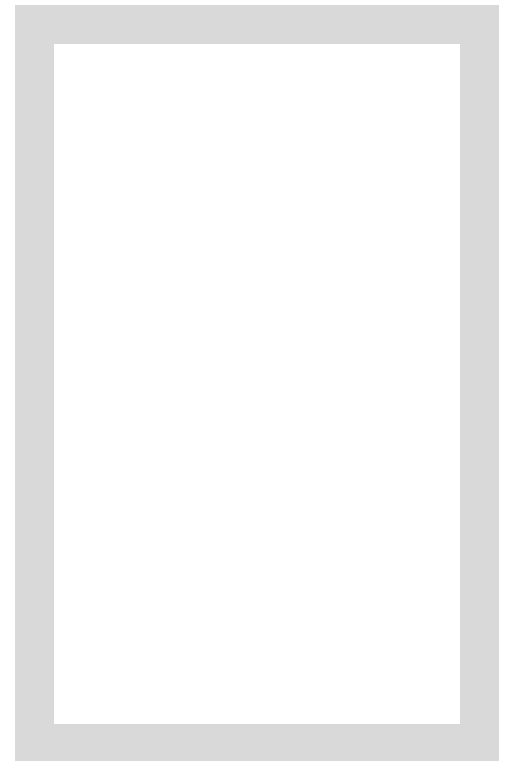
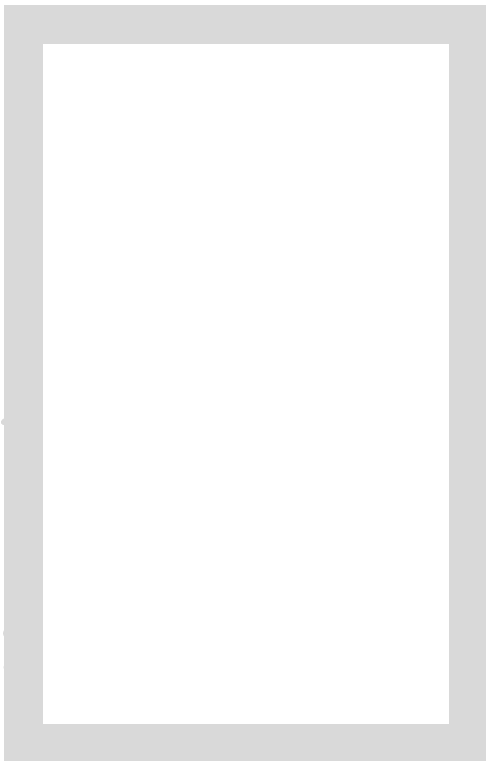
Goals

Your goals are your intention and values in action. Your goals are the things you DO in service to who you want to be in the world. As you set your goals for the upcoming year, ask yourself if these goals serve your future YOU in alignment with your values and intention.

Name 3 things you would like to accomplish in the next year

Write S.M.A.R.T goals.
Specific. Measurable.
Attainable. Relevant.
Timely.

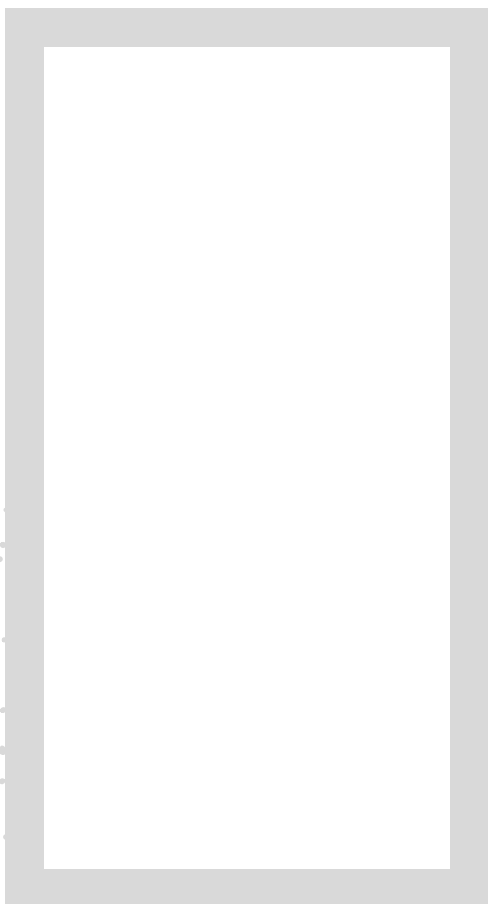
Name 3 resources, tools or people that will help you accomplish your goals.





Goals (continued)

What challenges or fears do you have around your goals. How will you overcome them?



Create a simple action plan to achieve your goals. Remember to keep it simple, specific, measurable attainable, relevant and timely. Give yourself a due date.



How will you feel when you achieve your goals?
How will you celebrate your achievements?





Guidance

Clear 30+ minutes from your schedule to take time for stillness, contemplation and completion of the worksheet.

Know your why!

Get clear on your soul's desires.

Act without expectation.

Abundance flows to you and through you.

Your satisfaction relies on you living your values driven intention.

Reach out before you tweak out! Ask for help. Be open to receiving help, coaching, guidance in its many forms.

Own your success and trust the Universe.

*Love and Light,
Autumn*

