



## POWERFUL INTENTIONS

Intentions are powerful tools to align your energy with your higher self and create the life you desire. Use this worksheet alongside the audio lesson to reflect, craft, and empower your intentions.

### **REFLECT**

- What area of your life do you want to focus on (love, health, abundance, growth)?
- How do you want to feel in this area of your life?

### **CRAFT YOUR INTENTION**

- Write your intention in present tense as if it's already true. Ex. "I align with joy and gratitude daily in my life."
- Make it simple, specific, positive.
- Make sure it feels authentic and heart-centered.

### **MY INTENTION**

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### **EMPOWER YOUR INTENTION WITH A RITUAL**

- What will you use to empower your intention? (candle, crystal, a quiet moment...)
- How did you feel while writing your intention?

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### **GRATITUDE AND TRUST**

- Write down 3 things you're grateful for that align with your intention:

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- Take a moment to affirm: *"I trust the universe to align with my intention in perfect timing."*
- Keep this worksheet handy as a reminder of your intention. Revisit it often to realign with your energy and stay connected to your soul's purpose.



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### EXAMPLES

To give you a better idea, here are five powerful, heart-centered intentions, each designed for a specific purpose:

#### **1. Finding Peace from a Breakup**

*"I release all pain and attachments from this relationship with love and gratitude, creating space in my heart for healing, joy, and new beginnings."*

#### **2. Attracting Ideal Conscious Clients Consistently**

*"I align with clients who value my work, resonate with my energy, and are ready to grow and transform, creating mutually abundant relationships with ease and flow."*

#### **3. Increasing Income to Cover Expenses and Bring Peace of Mind**

*"I open myself to unlimited financial abundance, allowing money to flow into my life effortlessly, meeting all my needs and bringing peace, security, and joy."*

#### **4. Finding the Ideal Home to Rent**

*"I call in a beautiful, safe, and harmonious home that perfectly meets my needs and aligns with my vision, where I feel peace, inspiration, and comfort."*

#### **5. Losing Weight in a Healthy, Long-Term Way**

*"I honor my body as a temple, making choices that nourish, energize, and support me, naturally achieving my ideal weight with ease and vitality."*

Each of these intentions is crafted to focus on the desired outcome while remaining positive, empowering, and present-focused.