

INTENTION SETTING & MANIFESTING WORKSHEET

- 1) What would you like to manifest?

- 2) Visualize the details of this manifestation occurring.

- 3) Write down how would this manifestation will make you feel?

- 4) Meditate with this feeling.

Breakdown your intention into bite-size action items. List at least 3 actions you can take now and time frame for completion below. Invoke the feeling from above as you engage in each action.

Action #1:

Completed by date:

Action #2:

Completed by date:

Action #3:

Completed by date:

Tape this up in a visible spot and continue to refer back until your intentions have manifested.