

Attention Energizes.
Intention transforms.
— Deepak Chopra

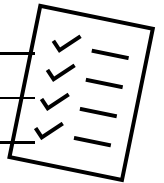
INTENTION SETTING WORKSHEET

My intention is:

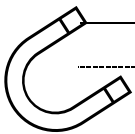


! This intention is important to me because:

What's already in my life that will help me manifest this intention (skills, strengths, knowledge, relationships, etc.):



What I need to attract into my life to manifest this intention:



My next steps are:

