

INTENTIONS

Your Marvelous

INTENTION SETTING WORKBOOK



What is an intention?

An intention is an aim or purpose for what you are doing right now. A determination to act in a certain way. Intentions can help you set the mood or vibe for your mind.

When you set intentions as part of your journal practice, they can be a reminder of how you want to live out each day.

When you begin your day with a positive intention, you will attract positive vibes all day long.

Make sure your intentions are –

short and to the point
positive
what really matters to you
projecting how you want to feel in the moment and once
your goal is achieved
bringing your heart and mind into alignment
not super specific so that they don't leave room for more
possibilities and outcomes

Intention Words

Love	Confident
Peace	Fulfilled
Light	Satisfied
Focused	Radiate
Open	Connect
Calm	Courage
Strong	Simplicity
Balanced	Clarity
Aware	Patience
Receptive	Thankful
Happy	Abundance
Breathe	Authentic
Experience	Be
Create	Harmony
Heal	Serenity
Live	Possibility
Flow	Present
Beautiful	Perfect

Intention Examples

Be focused on my breath
Open my mind to all possibilities
Love my body
Be aware of my beautiful surroundings
Find love in everyone
Be true to my voice
Release my creativity in my writing
Be open to success and abundance
Move my body with ease
Make someone smile
Freely forgive others and me
Accept what happens as if I have chosen it
Invite peace and calm within me today
See the goodness around me
Love unconditionally
Be mindful
Radiate health in body and mind
Give quality time and attention to the most important things in my life
Feel love and acceptance in all of my relationships
Experience more play in my life
Live my life with passion
Create an orderly, healthful, productive environment at work
Be connected to my higher source
Develop a skill and improve myself
Discover what I enjoy
Feel every movement as I work out
Be selective with my time

Write Your Own Intention

What goal are you trying to achieve?

How do you want to feel when you achieve your goal?

What word can you use to describe that feeling?

How can you feel that way today?

What intention can you set right now to make that happen?

“When you have clarity of intention, the universe conspires with you to make it happen.” – Fabienne Fredrickson

LET'S CONNECT

If you have any other questions contact me at lauriejonas@livingmarvelously.com. I'm happy to help!

You can also find me on these platforms:

Facebook: <https://facebook.com/lauriejonas444>

Pinterest: <https://pinterest.com/livingmarvelously>

Instagram: <https://instagram.com/lauriejonas/>

Hop on and say hello!
I'd love to see how you are using your intentions.

Cheers to your marvelous life!

Laurie

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