

Areas of Life

Intensions

Worksheet



Welcome Friends! I'm so glad that we are on this journey together! Completing this worksheet is the first step in creating a life you love. Here are a few suggestions to help you make the most of this activity:

1. Set aside 20-30 minutes of quiet, uninterrupted time (turn off those screens)!
2. Get comfy and relax. Take a few deep breaths to clear your head, ground yourself and get centered.
3. Let go of the things you think you should do, think, achieve, be and give yourself over to what YOU WANT.
4. Reach for the stars. Nothing is off limits. If you can dream it you can do it!
5. Bring your worksheet to the workshop where we'll spend some more time on it and use it to create your vision board.
6. Enjoy yourself!

To help you focus and get clear about your best life, consider these seven different areas. These areas work together helping you to maintain a healthy, whole, happy and vibrant life. Remember - you are SPECIAL!

- Spiritual
- Professional (career/work)
- Educational (professional development)
- Care (health & fitness)
- Income (finances)
- Associations (relationships)
- Leisure (quality of life)

What is your top desire for your **Spirituality** this year?

How will achieving your desire make you feel?

How will you take action to accomplish this desire?

What is your top **Professional** desire for this year?

How will achieving your desire make you feel?

How will you take action to accomplish this desire?

What is your top **Educational** desire for this year?

How will achieving your desire make you feel?

How will you take action to accomplish this desire?

What is your top desire for your **Self-Care** this year?

How will achieving your desire make you feel?

How will you take action to accomplish this desire?

What is your top desire for your **Income/Finances** this year?

How will achieving your desire make you feel?

How will you take action to accomplish this desire?

What is your top desire for your **Associations / Relationships** this year?

How will achieving your desire make you feel?

How will you take action to accomplish this desire?

What is your top desire for **Leisure / Quality of Life** this year?

How will achieving your desire make you feel?

How will you take action to accomplish this desire?

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