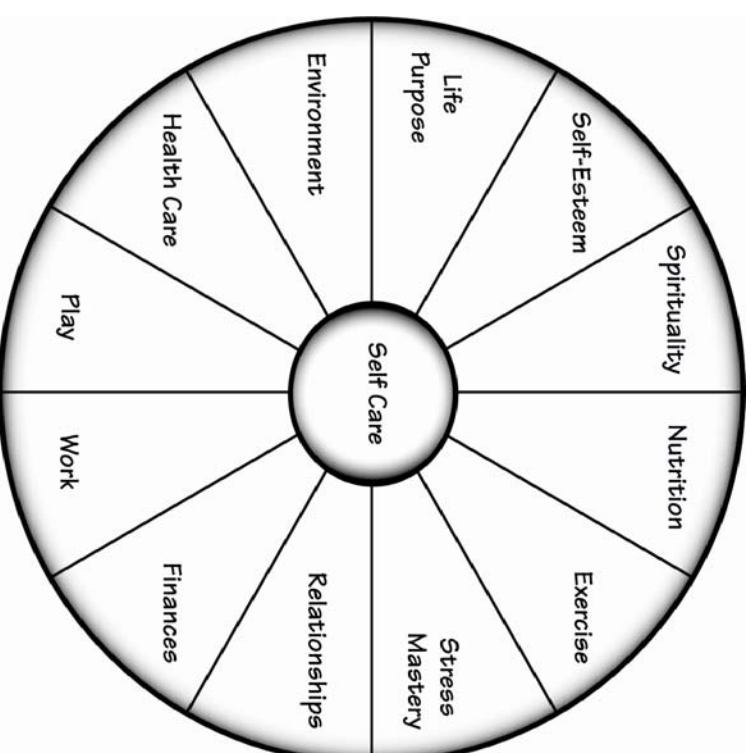


Sample Intentions, Goals and Affirmations

Circle Area	See Page
Nutrition	1
Exercise	
Stress Mastery	2
Relationships	
Finances	3
Work	
Play/Creativity	4
Health Care	
Environment/ Nature	5
Life Purpose	
Self-Esteem/ Emotions	6
Spirituality	



Sample Intentions / Goals / Affirmations

Nutrition	Exercise
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Have the vitality to enjoy my work and my creative activities. • Have a healthy, strong, vital body and mind that is free of (heart disease, cancer, pain, stress symptoms, diabetes, etc). • Be radiantly healthy and balanced in my body and mind enjoying an active life with my family. 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Be well toned, at my ideal weight, and enjoying my body. • Have great stamina, vitality, strength and flexibility to live an active life of hiking and dancing with my loved ones. • Be healthy and free of disease. • Experience self-healing of (a health condition) in one year and maintain my wellbeing.
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Implement a realistic, healthful diet within one month that I stick to and that works for attaining/maintaining my weight goal of 135 pounds. • Implement the perfect nutrition plan that supports the healing of my (fill in blank) and keeps me healthy & vital. • Implement the right diet using food, herbs and supplements that will keep my family healthy by May 1st. 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Exercise for ½ hour, 5 days a week using a fitness program that includes: weight training, aerobic and stretching. • Find and implement an exercise program (4 hours per week) that will effectively support me in attaining my health goals. • Prioritize exercise in my life and stick to a realistic and effective exercise program that will give me a slimmer, well-toned body (Lose 25 pounds in 4 months).
<p>Affirmations:</p> <ul style="list-style-type: none"> • I make food choices that make me feel and look my best. • I am healing and renewing my body of (fill in blank) through the power of healthful nutrition. • I keep my family and myself healthy and happy with healthful eating habits. 	<p>Affirmations:</p> <ul style="list-style-type: none"> • I am getting healthier and more vital every day. • Exercise gives me energy; it's fun to feel and look great. • My body is becoming well toned and slimmer each week. • I enjoy my well-toned body and I look great wearing a bathing suit while playing at the beach!

Sample Intentions / Goals / Affirmations

Stress Mastery	Relationships
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Feel calm, centered, clear minded and positive about myself and others. • Live a balanced life, giving quality and attention to what is most important to me. • Be able to cope with stress in effective ways and feel empowered and free to live my life in a balanced, healthy way. 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Experience energizing, balanced, supportive relationships wherein we enjoy, and mutually benefit from each other's talents and virtues. • Feel love and acceptance for myself in all my relationships. • Take my relationships to new levels of clarity, truth, healing, love and support.
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Learn & implement effective skills and strategies for coping / managing my stress levels 3 hours per week. • Redesign my life to meet my top priorities in a balanced, healthful way (within 6 months). • Discover the root causes of my stress and find 2 resources or practices to support me in making the changes I need (within 3 months). 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Identify and implement 2 powerful relationship skills into my life in the next 3 weeks that improve my work and personal relationships. • Take daily steps to build my self-esteem and magnetize a partner who enjoys (focuses) on my strengths and inner beauty. • Heal, let go of, or positively change my relationship with (fill in blank) so I feel resolved with that relationship by November 15th.
<p>Affirmations:</p> <ul style="list-style-type: none"> • I make peace my top priority. I choose supportive and peace-giving thoughts. • I breathe in (calm, fresh energy, light) and exhale (negativity, fear, fatigue). • I now focus all my energies on positive solutions. 	<p>Affirmations:</p> <ul style="list-style-type: none"> • I have the right balance of taking care of others and myself. • I am magnetizing the perfect person (work/personal) into my life that (fill in the blank). • I now choose and flourish in relationships that are mutually beneficial and let go of the ones that are not.

Sample Intentions / Goals / Affirmations

Finances	Work
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Be empowered to create wealth and manage my finances in highly-effective, successful ways. • Feel financially secure and free. • Feel confident about myself in relationship to money. 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Have my work environment be one in which I (and my co-workers) can grow and thrive. • Upgrade my work experience to be more satisfying, better paying and a better use of my creativity and skills. • Create work that is fulfilling my life purpose (passion) and is financially viable, that allows me to thrive in a beautiful environment.
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Confidently implement 2-3 wealth building and effective money management skills within 6 months. • Create the 100-Thousand dollar annual income (within 18 months) that supports me and my family while living a healthful, balanced life. • Have the knowledge and strategies to be able to buy a house within one year. 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Improve my work situation by learning and implementing 3 strategies that allow the work team and the business to function more optimally starting this month. • Move upward to the next level of management, making \$15K more a year by June 30th. • Start my new home business selling flowers and make a profit of \$10K the first year, living in my home by the ocean.
<p>Affirmations:</p> <ul style="list-style-type: none"> • I am easefully implement effective, creative wealth strategies that give me lifelong financial success. • I am clear, open and receiving a generous flow of money and abundance in my life. • I stay balanced and healthy while easily creating \$100,000 per year. 	<p>Affirmations:</p> <ul style="list-style-type: none"> • I am easily finding the best work situation for myself. • My unique talents, services, skills and passion magnetize and create a financially flourishing work in (fill in the blank) • I am re-designing my work with a successful, passionate, healthy work-team.

Sample Intentions / Goals / Affirmations

Play / Creativity	Health Care
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Balance my life with lighthearted, playful people and activities that bring me joy. • Experience more joy and play in my life. • Express my creativity in satisfying, energizing ways. 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Be in excellent health in my body, mind and spirit. • To be healed of (fill in blank). • Be empowered with the best healthcare team and self-care to attain my health goals.
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Spend 7 hours a week with lighthearted, playful people and activities that bring me joy. • Set up my life to take 3 camping trips a year with family and friends. • Spend more time in ways that satisfy and express my creativity, talents and passions 10 hours a week. 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Become educated on how to prevent diabetes and implement healthful lifestyle choices within 3 months. • Prioritize my healing of (fill in blank) by integrating daily self-care and by creating an excellent healthcare team this month. • Determine my family's current health status and make a healthy-living family plan by February 15th.
<p>Affirmations:</p> <ul style="list-style-type: none"> • I am enjoying my life: I feel happy and fully alive! • My creative juices are flowing and I love expressing myself this way! • I now choose playmates and activities that give me joy and inspiration. 	<p>Affirmations:</p> <ul style="list-style-type: none"> • I activate my own <i>healer within</i>. • I now take excellent care of my health and my family. • I prioritize my self-care everyday and I feel vibrantly healthy.

Sample Intentions / Goals / Affirmations

Environment: Work / Home / Nature	Life Purpose
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Create a serene, orderly, beautiful and healthful environment. • Have a stronger connection with nature so that I experience wellbeing (physically, spiritually, etc.) • Be a responsible caretaker of my environment locally and globally for myself and for generations to come. 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Express my true, authentic Self living in alignment with my values and vision. • Live my life with passion, joy and abundance as I fulfill my soul's purpose to _____. • Live a life of greater service and contribution to others.
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Clean, clear, organize and beautify my <u>(work / home)</u> space by (date). • Prioritize and schedule ½ to one hour a day in nature (5 days a week). • Find, commit to and take actions that contribute to my local and global environment for about 8 hours a month. 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Discover my passion and purpose and find 3 ways to express it. • Find mentors, teachings, guidance and support to be more masterful or skilled in what I do by (date). • Fulfill my passion/purpose of (fill in blank) and easily manifest 15Thousand dollars within one year.
<p>Affirmations:</p> <ul style="list-style-type: none"> • I feel and function at my best in my beautiful, organized and comfortable work space. • I feel renewed and centered in my mind, body and spirit by merging with nature. • I feel good about doing my part as a caretaker of planet Earth. 	<p>Affirmations:</p> <ul style="list-style-type: none"> • As I do what I love, abundance of _____ flows freely to me. • I am joyfully fulfilled each day, living from my passion, purpose and service. • I experience deep presence and joy at being my authentic self.

Sample Intentions / Goals / Affirmations

Self-Esteem / Emotions	Spirituality
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Feel compassion and love for myself and inspire others (children, friends, family, etc) to feel love and compassion for themselves. • Experience the beauty and power of my heart and soul and enjoy being my authentic self. • Accept my emotions and be emotionally balanced. <p>My Goal is to:</p> <ul style="list-style-type: none"> • Find and practice 3 ways (within the next month) to release sources of negativity. • 6 hours each week I surround myself with people and environments that connect me to my higher nature, beauty and self-love. • Discover and implement 2 practical ways to become emotionally balanced that I use every week. <p>Affirmations:</p> <ul style="list-style-type: none"> • I accept and experience the full range of emotions and express them in safe and appropriate ways. • I love myself, and accept the gifts of my being. • I embrace myself with compassion and love. 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Feel, trust and know that I am guided perfectly every moment by (God, Divine Wisdom, Spirit, Higher Power.) • Feel a stronger, unshakable connection to the love and power of (God, my Creator, Source, Universe). • Be a fine-tuned instrument and radiant expression of (God, Peace, Love). <p>My Goal is to:</p> <ul style="list-style-type: none"> • I prioritize my spiritual life by increasing my spiritual practices to seven hours a week that foster the feeling of being connected to (God, Divine Wisdom, Source). • I contribute 4 hours a week toward service to others (people/animals/plants, etc.). • Daily attune to and follow my Divine Guidance through ½ hour daily practices. <p>Affirmations:</p> <ul style="list-style-type: none"> • I am always divinely guided to be at the right place, at the right time – fulfilling my Divine purpose. • I am always connected to the power of (God, higher forces) – the source of all my needs. • Every day I attune to and am filled with the love, guidance, light and power of (the Divine Presence / God / Universe).