

Sample Intentions, Goals and Affirmations

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Sample Intentions / Goals / Affirmations

Nutrition	Exercise
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Look and feel great in my body • Have a healthy, strong, vital body and mind that is free of (heart disease, cancer, pain, stress symptoms, diabetes, etc) • Radiant health in body and mind for my family& myself 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Be well toned, at the right weight, and feeling really great about my body • Have great stamina, vitality, strength and flexibility to live an active life • Be healthy and disease-resistant (to prevent disease) • Experience self-healing of (a health condition) and maintain wellness
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Implement a realistic, healthful diet, that I stick to, that works for attaining/maintaining my weight goals • Have the perfect nutrition that supports the healing of my (fill in blank) and makes me healthy & vital • Provide the right diet using food, herbs and supplements that will keep my family healthy 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Exercise for 1/2hour, 5 days a week using a fitness program that includes: weight training, aerobic and stretching • Find and implement an exercise program 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 well toned, slimmer body
<p>Affirmations:</p> <ul style="list-style-type: none"> • I support myself in making 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 healthy eating habits 	<p>Affirmations:</p> <ul style="list-style-type: none"> • I am getting healthier and more vital every day through my exercise • Exercise gives me energy; it's fun to feel and look better • My body is becoming well toned and slimmer each week from my 4 hours a week of exercise

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Stress Mastery	Relationships
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Feel calm, centered, clear minded, healthy and positive for myself and others • Live a balanced life, giving quality time and attention to the most important things in my life • Be able to cope with stress in effective ways so I can feel empowered and free to live my life fully 	<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 • Redesign my life to meet my top priorities in a balanced, healthful way • Rediscover the root causes of my stress and find resources to support me in making the changes I need 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Implement powerful relationship skills into my life that improve all my work and personal relationships • Build my self-esteem and magnetize a partner who enjoys (focuses) on my strengths and inner beauty • Heal, release or change my relationship with (fill in blank) so that I feel positive in my relationships, rather than drained
<p>Affirmations:</p> <ul style="list-style-type: none"> • I make peace my top priority. I choose peace-giving thoughts, instead of stressful thoughts • I breathe in (calm, fresh energy, light) and exhale (negativity, fear, fatigue) • I now focus all my energies on possible solutions, and supportive self talk, rather than stressing about the problems 	<p>Affirmations:</p> <ul style="list-style-type: none"> • I have the right balance of taking care of others and myself • I am drawing the perfect person (work/personal) into my life that (fill in the blank) • I now choose and flourish in relationships that are mutually enriching and based on love and support

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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 good 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, not just stress and survive • Experience work that is satisfying, well-paying and a good use of my creativity and skills • Create work that is fulfilling my life purpose (passion) and is financially viable
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Confidently implement wealth building and effective money management skills • Have the income that supports me and my family so we can live a healthful, balanced life • Be free of the emotional, practical and mental blocks that I have concerning money and move forward with empowering beliefs and skills 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Improve my work situation by creating strategies to allow the work team and the business to function more optimally • Upgrade my current work situation to be more satisfying, a better use of my skills and more financially rewarding. • Create the kind of work that reflects my true purpose meets my financial goals
<p>Affirmations:</p> <ul style="list-style-type: none"> • I use highly effective, creative wealth strategies that give me lifelong financial success • I am clear, open and receiving a flow of money and abundance in my life • I am easily creating financial success to support my family and myself – and I stay balanced and healthy 	<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 to be more successful with less stress and more joy

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Play	Health Care
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Have a more lighthearted, playful attitude towards life so that I am enjoying my life more. • Experience more joy and play in my life. • Express and use my creativity in satisfying, energizing ways 	<p>My Intention is to:</p> <ul style="list-style-type: none"> • Be in excellent health in my mind/body by taking care of my mental and physical health • To be healed of (fill in blank) OR Support my loved one is in healing (fill in blank) • Have my family myself (mentally and physically) healthy and free of disease.
<p>My Goal is to:</p> <ul style="list-style-type: none"> • Balance my life with more time with lighthearted, playful people and activities that bring me joy and fun • Create a life that is creative and playful – one that makes me feel alive • Spend more time at my work and home that satisfy and express my creativity, talents and my passions. 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Become educated on how to prevent disease, stay healthy (mind/body) and prioritize making healthful lifestyle choices • Prioritize my healing of (fill in blank) by integrating self-care and by creating an excellent healing team. • Assess my family’s current health status and gather all the resources and plan to support all of us.
<p>Affirmations:</p> <ul style="list-style-type: none"> • I am enjoying my life and feeling happier and more alive! • My creative juices are flowing and I love expressing myself this way. • I choose and enjoy new playmates and activities that give me feelings of joy and well-being. 	<p>Affirmations:</p> <ul style="list-style-type: none"> • I activate my <i>healer within</i> to heal my body through daily self-care practices, along with my powerful healthcare team • I now take excellent care of myself and family by making healthful lifestyle choices – and modeling healthy habits. • I prioritize my self-care everyday and I feel balanced in body, mind and spirit.

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Environment	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 feel good (mentally, 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 • 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 (fill in blank) • Prioritize and schedule more time in nature (daily 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"> • “Tune into” and uncover my real my passion and purpose and find ways to express it • Find mentors, teachings, guidance and support to be more masterful or skilled in what I do • Fulfill my passion/purpose and easily manifest all my financial needs
<p>Affirmations:</p> <ul style="list-style-type: none"> • I feel and function at my best in a beautiful, organized and comfortable environment. • I feel renewed and centered in my mind, body and spirit by merging with nature. • I feel good about contributing 2 hours a week to being a good steward of the environment. 	<p>Affirmations:</p> <ul style="list-style-type: none"> • As I do what I love, abundance (money, time, etc.) flows freely to me. • I am joyfully fulfilled each day, living from my passion and purpose. • I offer myself to serving others and I feel deeply fulfilled

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Self-Esteem	Spirituality
<p>My Intention is to:</p> <ul style="list-style-type: none"> • Feel real self- love for myself and inspire others (children, friends, family, etc) to feel loving towards themselves. • Experience the beauty and power of my heart and soul and enjoy my life more fully. • Notice negative self-talk and replace with self-acceptance and patience 	<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"> • Release sources of negativity and surround myself with people and things that make me feel good about myself. • Release negative, old patterns and past conditioning and connect myself to my higher nature, beauty and self-love. • Create emotional balance in my life 	<p>My Goal is to:</p> <ul style="list-style-type: none"> • Increase my spiritual practices that foster the feeling of being connected to (God, Divine Wisdom, Source). • Create my life in a way that makes my spiritual life my top priority. • Daily attune to and follow my Divine Guidance.
<p>Affirmations:</p> <ul style="list-style-type: none"> • I accept experience my full range of emotions and express them in safe and appropriate ways. I connect with inner wisdom when I notice my emotions. • I love myself, and accept the gifts that my being is creating. 	<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, healing, light and power of (the Divine Presence, God, Universe).