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# Intention Setting Workbook

*The most important tool to start  
creating the life you dream about.*

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## WHAT ARE INTENTIONS?

**Intention setting is a powerful practice where we declare our hopes and goals. A clear intention provides your day-to-day with direction and purpose.**

It's a conscious, thoughtful statement that gets you from where you are to where you want to be. It's generally based on something you want to receive, manifest, attract etc.

When you declare an intention, you are letting yourself and the Universe know exactly what you want. Having this clear purpose gives you something to stay in the present moment and helps to avoid negative thought patterns.

I like to use intentions instead of goals. With goals there's a tendency to have an expectation and attachment to the outcome. **Intentions are a way of living**- they are inspiring, and the thoughts in your mind and desires in your heart become aligned.



"What you believe about yourself and your life on a deep subconscious level is what you live out daily through your actions, words, choices and habits. It's also what you attract and manifest more of. Be mindful of the power of your beliefs and their power over your life" - Lalah Delia

## IDENTIFY YOUR INTENTION

**Intentions come from the heart.**

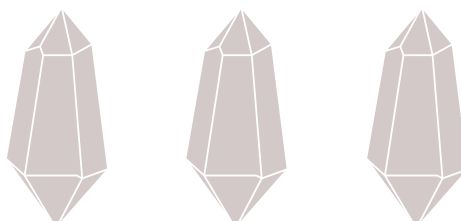
When you decide (and I mean *really* decide) you are going to change an aspect of your life so that it better aligns with your aspirations- the law of attraction comes into play.

**Your beliefs begin to shift, then your feelings and, in turn, your actions and results.** The intention you have set acts like a magnet and will begin to attract what will make them come true!

Here are some questions you can ask yourself:

- What do you want to create in your life?
- What are you working on?
- What is important to you?
- What would you like to let go of?
- What are you ready to make space for?
- When are you the most happy? How can you create more of that in your life?
- What words would you like to align yourself with?

Notice if you begin to downgrade your intention because you think it's 'not realistic', if it's in your heart it's meant for you.



# IF YOU'RE HAVING A HARD TIME DETERMINING YOUR INTENTION

It's a question we don't ask ourselves enough, "What do I want?"

So it's understandable if you're having a hard time determining what exactly your intention(s) will be. But the difficulty usually boils down to two reasons.

## 1. You respond with: "But I don't know what I want"

I'm going to call you out on that one, you do know! Try looking at just the essence of the question; what is the general direction you want your life to go? Don't worry about the HOW. What is something you want that doesn't currently exist in your life?

Or, ask yourself this: "what don't I want?". We live in a world of duality- left, right, up, down. You can't have one without the other. So if you know what you don't want, it simultaneously creates what you do want. Contrast creates clarity.

## 2. You DO know what you want, but it scares you.

Maybe you feel you don't deserve it, that you don't have what it takes, or you don't know how you'll make it happen.

Know, that you cannot have a desire born within you that you don't already have the innate raw talent or resources for. Use what you love to do as your GPS system- let it guide you to your purpose and the life you are creating for yourself. Trust your heart and honour the desires that are within you.

Instead of downgrading your dreams, why not focus on upgrading yourself!

## SETTING YOUR INTENTION

When setting an intention it's important to recite it in the present tense. Declare it as done. You must believe that it's already on its way to you. Trust that the Universe has your back and is co-creating your intention with you. Here are some examples to get you started:

- I'm so excited for X, or something better
- Thank you for my X
- I have created X in one year
- I choose to believe...
- I am the type of person who...
- I am so grateful that X is on its way to me right now!

Also be sure to state your intention in the positive. For example you would say "I am happy", rather than "I am not sad".

### Instilling your Intention with your Gemstone Meditation Jewelry

First cleanse your gems by placing your meditation beads by a windowsill to absorb sunlight, moonlight or both! This helps to give it a fresh, energetic start!

Next it's time to declare your intention. Let your meditation beads know exactly what your intention is and ask it to support you on your new journey. Repeat this step as often as you like.

You can also write out your intention on a piece of paper and keep your beads on top of the paper - get creative! All in all, just keep them close to you, so that you can connect with them often.

## SETTING YOUR INTENTION CONT...

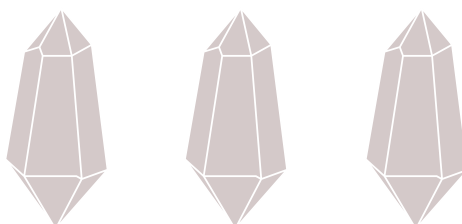
### Meditating with your Intention

When you meditate with your intention you are learning to focus and align your thoughts with the desires in your heart. You're taking your mind off autopilot and providing it with an intention that supports the life you are creating for yourself.

While meditating focus on your intention and visualize how it would *feel* to achieve it. What would life look like as a result? If you notice your mind wondering just gently (and kindly) come back to your breath and intention. You can either wear your meditation jewelry or hold it while you meditate.

If any self-limiting/negative beliefs popped-up while meditating- take a moment to journal and de-bunk these beliefs! They are beliefs *not* facts.

Look to a time/event in your life when those negative beliefs weren't true. Start poking holes and finding the evidence, and over time, they won't hold so much power over you.



## SETTING YOUR INTENTION CONT...

### Always Balance with Gratitude

Gratitude is the secret to happiness. How quickly can you let go of fear and scarcity and come back to love and gratitude? When you choose to see the beauty in life, life gets more beautiful.

Note that gratitude doesn't prevent you from the desires you still want - it actually helps you attract them more. Because when you're grateful, you are raising your vibration to abundance and that is what you'll attract!

Always take a moment after meditating, visualizing or journaling on your intention to acknowledge everything you are grateful for in your life. Focus on what you have and you will always have enough.

## QUESTIONS TO HELP YOU FEEL GROUNDED, INSPIRED AND EMPOWERED IN SETTING YOUR INTENTIONS

Be sure to put pen to paper (or pen to tablet) with these questions. The magic you are looking for happens when you physically write the answers out, rather than just typing them or answering them in your head.

1. Let's just do a quick check-in, how are you feeling? What made you start this work book at this particular moment?





2. What are you looking to create/build/nurture in your life- both personally (be selfish here) and in the bigger picture (contribution)? Remember to connect with your heart's desires and to not second-guess them. Have fun with it and look back to 'Identify your Intention' for inspiration.

3. What has been preventing you from achieving these things already? Do you have negative self-talk? Do you believe in yourself? What are the un-supportive stories you've been telling yourself? What do you need to let go of in order to manifest your intentions- so that you can make room for what you **WANT** to come in!

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Remember, these are BELIEFS (thoughts that have repeated themselves) not facts. You have the power to choose a different set of beliefs, ones that are empowering and supportive. This is so important to realize because your beliefs, influence your feelings, which influence the actions you take, and the results you get:

Beliefs —> Feelings —> Action —> Results

4. Let's declare our intentions based on what you wrote in Question 2. Remember to state them in the present tense (see examples in the 'Setting Your Intentions' section).

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*When the beliefs in your mind match the truth in your heart  
- that is where alignment happens*

5. Now, what is the NEW story you must start telling yourself in order to manifest your intentions. Who must you now be? What are the beliefs you need to have about yourself? Hint- look back to question 3.

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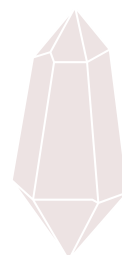
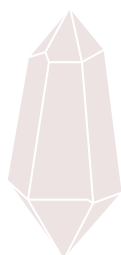
6. What are some new habits/daily rituals you can implement in order to manifest your intentions. For example: meditation, journaling, wearing your meditation jewelry, carrying crystals, making a vision board. The time you spend on your daily rituals isn't important - but being consistent IS.

Remember this is a new way of life you're creating for yourself. What got you here, won't get you there.



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*The degree to which you are successful in manifesting your intentions is a direct reflection of your daily rituals!*



7. It's important to know what 'success' will look like once you arrive! How will you know when you have achieved your intention? What will you see, feel, taste, hear?



8. How would life be different if you were to put 100% of your faith and trust into the universe and know with certainty that it will never let you down.



## TYING IT TOGETHER

I hope this has been empowering for you! Just know **you truly are the creator of your reality!** When you declare your intentions you are declaring your new way of living, one that is supportive and one that you consciously choose.

As you get back into your routine, remember the notes you took here and the intentions you declared. Look back at this moment as the time you committed to your new journey. You're taking new actions and moving towards a life that's even *more* aligned with your heart's desires!

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### Hi Friend!

My name is Jessica and I'm the founder of the Beautiful Nomad where we make gemstone meditation jewelry - to both comfort and empower as you move towards creating a life you love!



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