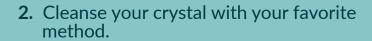


# How to set New Year's intentions with your crystals



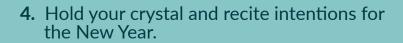
1. Choose a crystal that suits you.







3. Find a quiet spot without distractions.







**5.** Carry the crystal with you to strengthen the intention.



# Crystal Intentions



#### **Clear quartz**

The amplifier of energy and intentions.

- I intend to lead by example.
- I intend to be altigned with my aspirations and intentions.



#### Rose quartz

A stone of universal love.

- I intend to love unconditionally.
- I intend to forgive others, and myself.



#### Amethyst

Protector, purifier, and healer.

- I intend to witness Divinity in everyone.
- I intend to be inspired daily.



#### Malachite

Brings balance, grounding, and transformation.

- I intend to stop taking things personally.
- I intend to follow my intuition.



#### Citrine

A stone of joy, abundance, and prosperity.

- I intend to be open to success and abundance.
- I intend to manifest happiness naturally.



#### **Tourmaline**

The ultimate protector.

- I intend to respond first and then react.
- I intend to release negative energy.



## End Gear's Questions

- 1. What is something you did that you will remember for the rest of your life?
- 2. What was a mistake you made and a lesson you learned because of it?
- 3. What was a new habit or routine you created that you now enjoy?
- 4. When was a moment you asked for help and glad you did so?
- 5. What bias did you become aware of?
- 6. What worked well that you are grateful for?
- 7. What moments made you feel true happiness?
- 8. What was an unnecessary "time-suck"?
- 9. What did you change your mind about this year?
- 10. What was a goal you followed up on? How did you find the motivation for it?
- 11. Where were my talents appreciated?
- 12. What did success look like? What did it feel like?
- 13. What was a happy surprise? Serendipitous change?
- 14. What made your life easier?
- 15. Who entered your life and made it significantly better?
- 16. How did you make someone's life better?





### Setting New Year's Intentions with Crystals

For more information, check out our blog post:

**Setting Intentions for the New Year** 

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