

My INTENTIONS

Spiritual: What nourishes your heart? Your soul? What quiets your mind? What turns up the corners of your mouth? Do you desire to start journaling? Are you ready to allow peace? How can I bring value? How can I do my best? How can I be spectacular?

Spiritual:



Personal Goals: What areas of your life would you like to nurture this year? What raises your Hum? What brings you joy? What do you want to do more of this year? Do you want to start a new hobby? Read more books? Travel? How can I bring value? How can I do my best? How can I be spectacular?

Personal Goals:



Health: What are your health goals for the new year? Learning how to release stress, anxiety, and depression? Deep, restful sleep? Releasing old Limiting Beliefs? Write down everything you desire for your physical and emotional wellbeing. How can I bring value? How can I do my best? How can I be spectacular?

Health:



Abundance: What are your heart's desires? A dream house with a garden? Write that down. What sounds would you hear? What would you smell? Touch? What do you desire to see this coming year? Hear? Feel? Taste? How can I bring value? How can I do my best? How can I be spectacular?

Abundance:



Relationships: Write down all your desires for your relationships - your romantic partner, friends, children, parents, co-workers, and any others. Ask to see and to know your oneness with all people. How can I bring value? How can I do my best? How can I be spectacular?

Relationships:



Community and Co-Creating: What do you want to co-create in your neighborhood, work, church, social groups, country, or the world? Consider how you might use your unique talents to serve others and look for wonderful chances to Co-Create. How can I bring value? How can I do my best? How can I be spectacular?

Community and Co-Creation:



Daily Affirmations:

I am whole, perfect, strong, powerful, loving, harmonious, and happy!

Every day in every way, I'm getting better and better.

To Create Quantum Shifts:

Keep this list with you. Enter it into your phone or computer; keep it by your bed. Read it 1st thing in the morning and right before going to bed at night. Look at it throughout the day. Release Resistance and leave the how to God, your Source!



Find Your JoyStream!
www.thejoystream.com