

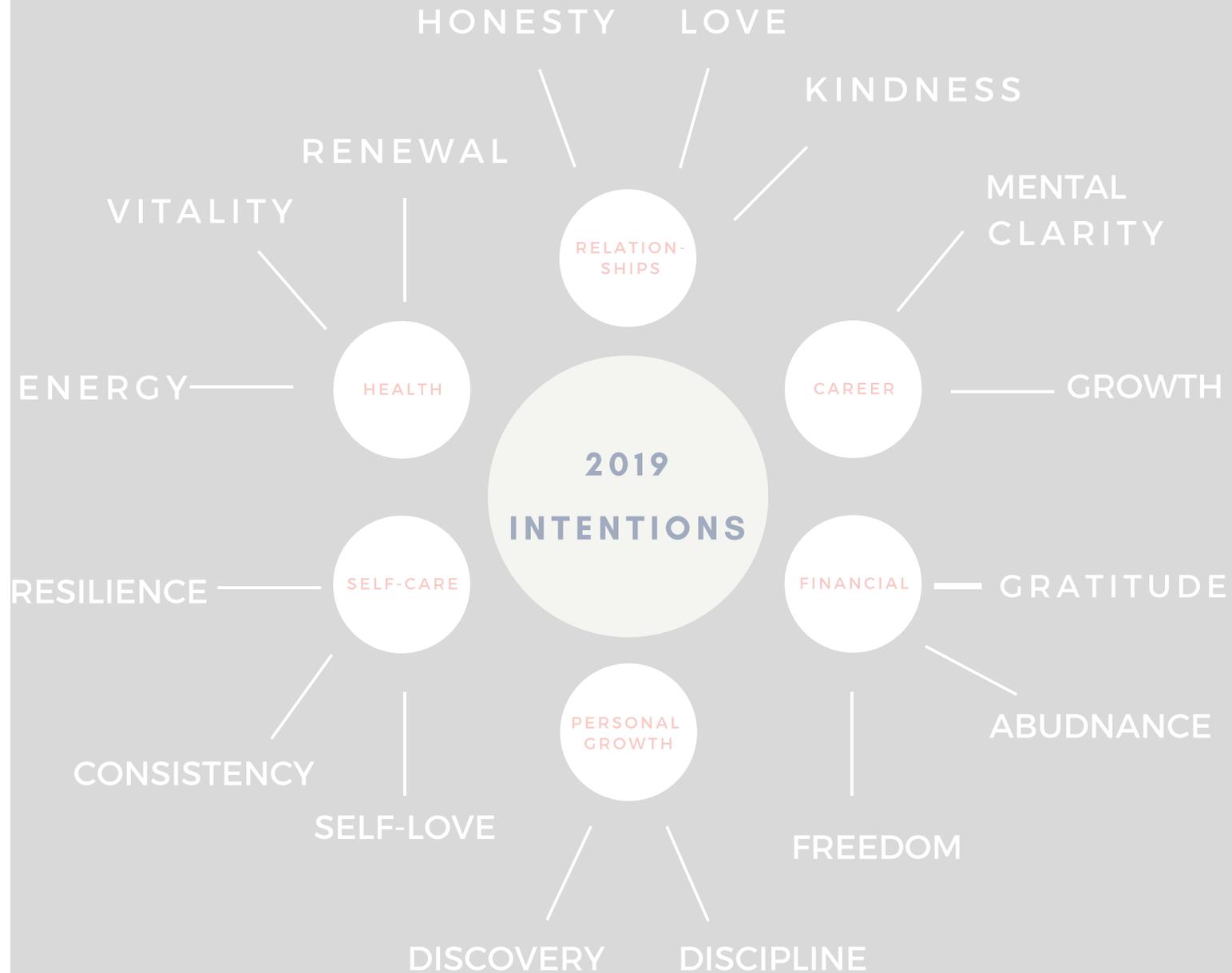
# SETTING INTENTIONS NOT GOALS FOR 2019

At this time of year, many of us are developing our New Year's Resolutions or setting new goals for 2019. However, setting goals and striving to achieve them isn't actually very useful as it perpetuates the cycle of do do do and when we don't achieve our goals we can become disappointed with ourselves.

This is why this year we urge you to set intentions for each area of your life and over time you will notice that your intention guides your actions more powerfully than setting goals.

Setting an intention is like planting a seed. Intentions are the fuel to manifesting your goals and visions. An intention will help create more clarity in your life, especially when the seed is planted right before you start your meditation.

Print out the next page and fill it with your own intentions for 2019. There's also space for you to write your intentions in full and then pin it somewhere you can see it everyday.



# MY INTENTIONS FOR 2019



# 40 Questions To Set Yourself Up 2019

How do I want to feel when I think about my body?

How do I deal with stress?

What was the nicest thing I did for someone else this year?

How do I deal with difficult emotions?

What is your heart guiding you to do?

Do I regularly eat meals that are nourishing and healthy?

What do I worry about most?

How do I want to feel on a daily basis?

What have I been avoiding?

What does my ideal self-care routine look like?

How often do I spend time with my closest friends?

Where can I be more understanding in my relationships?

In what ways can I be kinder to myself?

What are the biggest lessons I've learned in the past 12 months?

How often do I take a mental break from life?

What hobby or skill or course can I start that would give me joy?

How do I measure success?

How often do I do the things I want?

Are there any relationships that I need to remove from life?

What long-term success am I working to create?

What are the things I'm grateful for?

Where can I show more of my true self?

How often do I want to meditate?

Where have I allowed "no" to stop me?

Do I receive love, support and kindness as much as I give it in my life?

Do I have anything that is unspoken that needs to be said to anyone?

Where have I been settling?

When do I feel most alive?

Which relationships should I be investing more time into?

What have I denied myself that I really want?

What dream have I ignored, but keeps coming back?

What limiting beliefs am I holding on to?

How often do I exercise?

What simple changes can I make in my life to feel healthier?

How can I be more organised?

What is the most exciting part of my day?

If I had one year left to live, what would I do?

What does my ideal home look like?

Who can I help, serve or support better in my life just now?

Who are my mentors or role models in life?