

Setting Intentions for your Vision Board

Think about what you DO want. This will help form the basis of your intentions. What do you intend to have, feel and do for yourself in the future? Write a list using the space below and try to keep your thoughts flowing even if you think it might not be a priority or feel that important (take a couple of minutes to do this). Whilst doing this project your mind forward. What do you feel? What do you have? What are your experiences today, this week, this month, this year?

I want to:

Now looking at your list above, do another list focusing on your heart's desires and what you want to experience and accomplish for 2016. Use the list above as your guide, concentrate on your heart, your 'feeling centre' and summarise your intentions, your heart's desires for 2016:

My feelings tell me I want to create, do and achieve: